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HOW TO SERVE . . .

*Ice Cream Desserts,
Soda Fountain Products*

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HOW TO SERVE

Ice Cream Desserts

Select a good product and serve it with imagination--that's the way outstanding food service operators build ice cream appeal; successful methods and quantity recipes are presented in this section



Chocolate Parfait as set up for service by Gerald Ramsey, director of food service, Southern Methodist University, Dallas is as inviting as it is popular. Recipe, page 20.

The Houston Club's Ice Cream Cake is built on standard white and standard yellow sponge cakes. Pistachio, chocolate and strawberry ice cream are layered between the cake layers. Entire cake is then covered with meringue, decorated, popped in the broiler and served with strawberry sauce. It may also be flamed using strawberry sauce and brandy. Detailed directions on page 18.

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The Snow Princess is prepared to order at Scruggs Vandervoort Barney, St. Louis where it is "adored by children." An actual head and bust of a china doll, about $1\frac{3}{4}$ in. high is used. Recipe on page 17.



HOW TO DEVELOP

Ice Cream Demand

EVER since ice cream was introduced to this country from Europe in the middle of the eighteenth century, it has continued to grow in popularity until today it vies with apple pie for first place among America's best-loved desserts. But the competition no longer is keen, for "make mine a la mode" echoes forth wherever pie or cake is served.

Ice cream was first given social impetus on this side of the Atlantic when Dolly Madison in 1811 served this more or less new and de luxe dessert to her guests in the White House. But for many years to come, it was to be considered a luxury item. Even so, hand-operated ice cream freezers gradually became standard equipment in the homes of the well-to-do, and the height of hospitality was the serving of ice cream on special occasions and to guests.

It was not, however, until 1851 that ice cream was manufactured in the United States for the wholesale trade. Prior to that time, it had been the product of the small retailer and of the home. Not until the early twentieth century was ice cream frequently listed on hotel and restaurant menus. One has only to scan current menus to know that ice cream today commands an insurmountable place in the public's esteem.

Its bounding popularity and the rapid growth and development of the ice cream industry during the past fifty years have been due to the fact that scientific processing methods and improved equipment

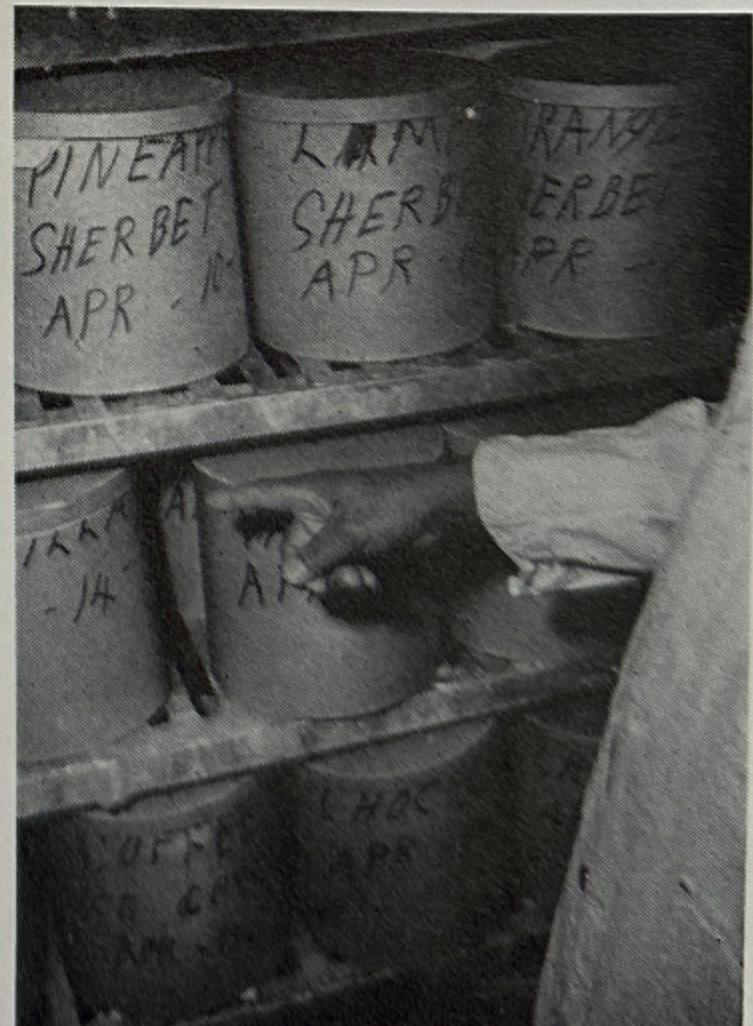
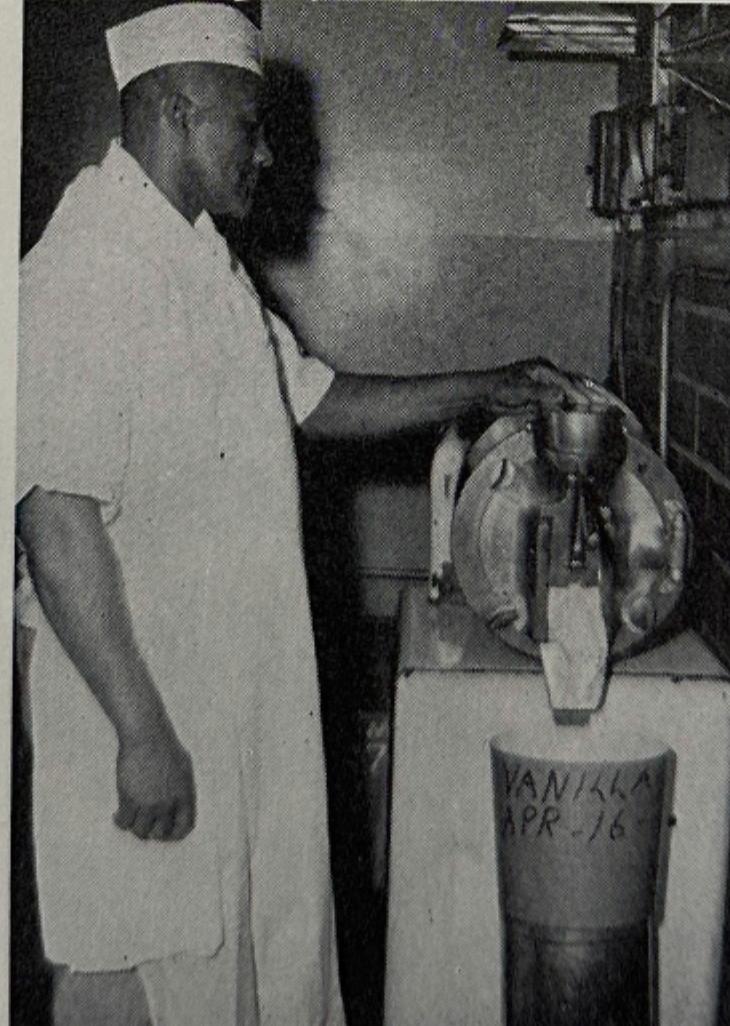
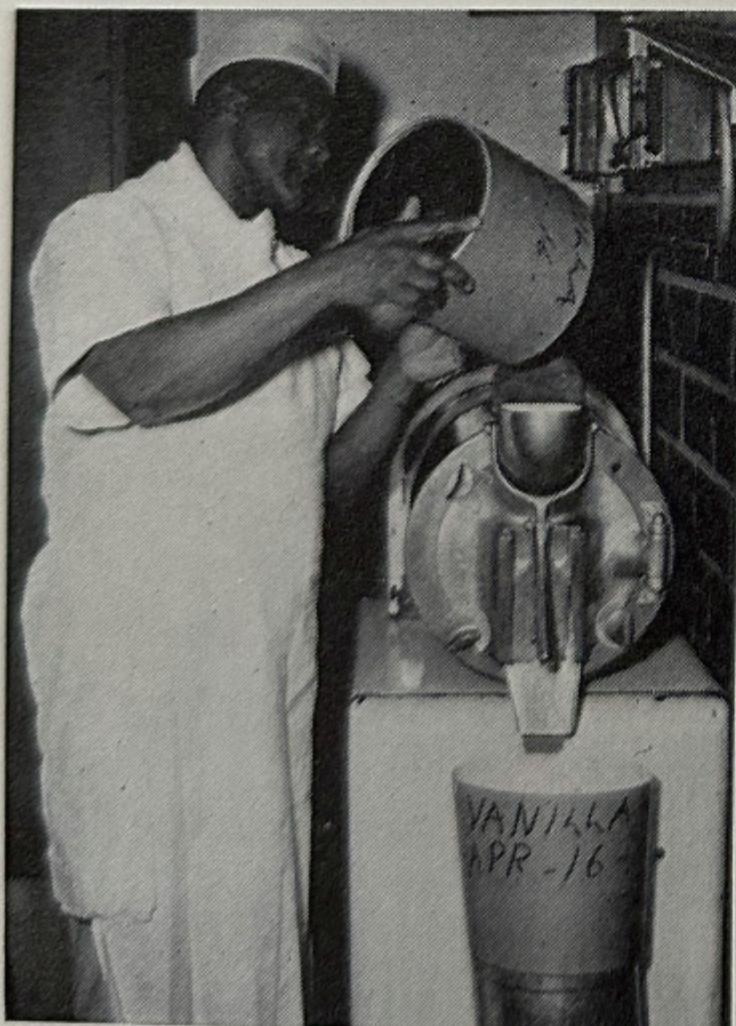
took this product out of the luxury class to sell at a reasonable price. Ice cream was gradually to become known as a valuable and important food—a veritable storehouse of essential nutrients.

NUTRITIVE VALUE OF ICE CREAM—Ice cream is a highly nutritive food, containing the same constituents as milk—the nearly perfect food—but in different proportions. For instance, ice cream contains three to four times as much fat as milk, and twelve to sixteen per cent more of the same high quality protein. Its exact composition depends on the ingredients that go into it.

This popular food is rich in many nutrients essential for growth, and maintenance of body health. But like milk, it is lacking in iron and a few of the trace elements.

Ice cream is an excellent source of calcium—the mineral needed for strong bones and teeth. It has a high milk sugar (lactose) content, and this assists in the assimilation of calcium and phosphorus—a very

Institutions Magazine Editorial Project: Text written by ALBERTA M. MACFARLANE, food and equipment consultant. Credits for the ice cream recipes contributed to this section by outstanding food service operators are listed with the individual recipes.



At the Blackstone Hotel, Omaha about 50 gallons of ice cream and sherbet are made daily. The employee pictured below loading the mix works full time on the job of ice cream making. A 17 per cent butterfat content mix—a special custom caterer's mix—is used. At the proper consistency ice cream is cut out as shown below. Paper bulk cans are used to conform with health department suggestions. There are approximately 17 different flavors manu-

factured—the most popular being russian mint, butter brickle and pistachio. The cost of making ice cream at the Blackstone Hotel is less than the price locally of the usual commercial product. Both ice cream and sherbet—which also has butterfat content—are stored in a walk-in freezer. Ice cream is rotated at least every two days. Fresh fruits are used as flavoring for sherbet and ice cream whenever they are available.

important and essential body function. It is also an excellent source of fat-soluble Vitamin A, and is rich in thiamin or Vitamin B₁, and niacin.

The protein, fat and carbohydrate of ice cream are all easily digested.

ICE CREAM USED SUCCESSFULLY IN VARIOUS DIETS—With many persons today interested in calorie counting, it is well to know that a liberal serving of plain ice cream contains fewer calories than numerous other desserts.

Ice cream can be a part of a reducing diet if its caloric content is counted along with the regular foods that go to make up the diet, and not used as a supplementary food not included in an already carefully estimated allowance.

At the same time, ice cream is an excellent food for persons wishing to gain weight. Due to its versatility, it lends itself to a variety of preparations for in-between meal nourishments.

Making Ice Cream Mix

Commercial ice cream—produced in large quantities—may be required to stand up under storage conditions for a considerable period of time, and must at all times meet the legal requirements of the locality.

In the trade, ice cream is defined as: A whipped and frozen food made from such a mixture of dairy products as will give the desired percentages of milk fat and milk solids-non-fat, together with sugar, flavoring, coloring, often egg products, and usually a stabilizer.¹

One important thing to remember is that the mix must be balanced in regard to its composition, concentration, and quality if a smooth, velvety, and flavorful ice cream is to result.

Many quantity food operators, who make their own ice cream no longer make the mix on the premises but purchase it from dairies or creameries.

COMPOSITION OF THE CONSTITUENTS—The composition of the ingredients in ice cream is usually ex-

¹ "The Theory and Practice of Ice Cream Making," H. H. Sommer, 1944.

At the T. Eaton Co., Toronto ice cream making is the responsibility of one person. He is careful to see that the ice cream is not overfrozen, but he wants it as stiff as possible, consistent with proper overrun, and the ability to withdraw from the freezer into the containers as shown here. If underfrozen, the ice cream will be coarse when hardened.

pressed in percentages of butterfat, milk solids-non-fat, sweetening agents, egg milk solids and stabilizers.

The percentages of these constituents vary according to each state's legal requirements. In some states only the minimum requirement of butterfat is specified, while in others any number of the following may be included: milk solids-non-fat, food solids per gallon, total milk solids, stabilizer, amount of air per gallon, and a specified weight per gallon.

BUTTERFAT—The percentage of butterfat varies more than any other ice cream constituent—from a low of 8 to a high of 24. This percentage is influenced not only by legal requirements but also by the trade, local preferences, price and competition. A 12 per cent butterfat, or slightly higher, gives a desirable and satisfactory product.

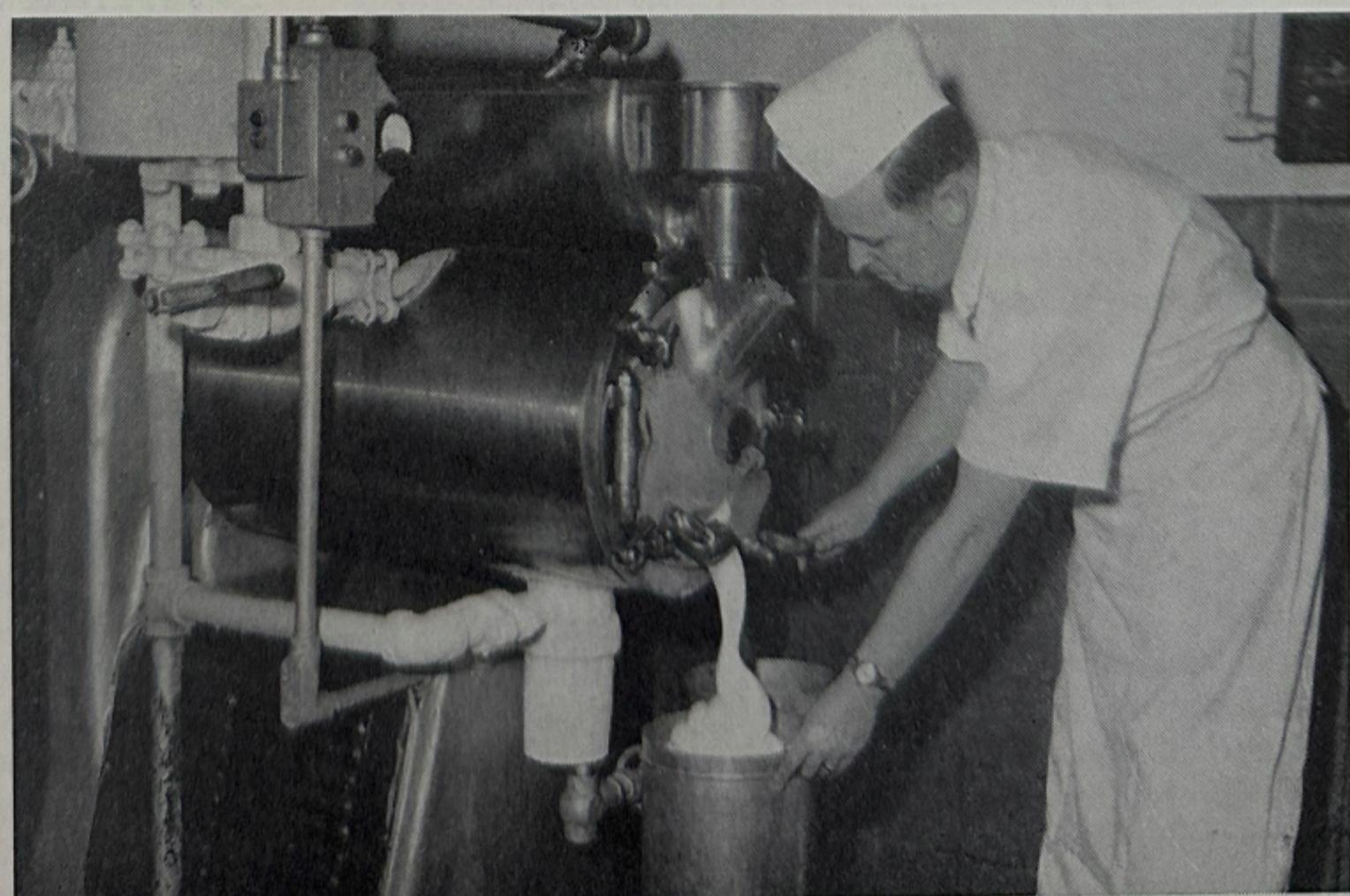
The fat imparts a full-bodied, rich, velvety flavor to the ice cream. It also acts as a stabilizer. When the ice cream mix is properly balanced, and homogenized to divide the fat globules, the finished product takes on a smoothness impossible to achieve in any other way.

MILK SOLIDS-NON-FAT—Non-fat milk solids are supplied principally by condensed milk and milk powder. They play an important role in making ice cream. When used in the proper amount, they give a smoothness and firmness to the finished product, and avert the formation of an open coarse texture. Non-fat milk solids also intensify certain fruit flavors, and chocolate or cocoa flavoring.

These non-fat milk solids are decreased as the fat content of the mix increases. This is done in order to prevent what is known in the trade as "sandiness"—a crystallization of the milk sugar (lactose) when the ice cream is stored at low temperatures for unusually long periods.

SWEETENING AGENTS—Sucrose (cane or beet sugar) forms a part of practically all ice cream mixes, but may be supplemented by other sweetening agents. It gives the mix its desired sweetness and enhances

(Continued on the next page)



Making Ice Cream Mix

(Continued from the preceding page)

the natural flavors. When an insufficient amount of sugar is added, the ice cream lacks flavor and is insipid. When too much is used, the delicate flavors are destroyed. This is particularly true of fruit flavors and chocolate flavoring. In addition, the excessive amount of sugar causes the ice cream to be soggy and sticky.

While the proportion of sugar may vary from 12 to 20 per cent, the most desirable range is from 14 to 16. This gives a satisfactory sweetness and a pleasing firmness.

EGG YOLK SOLIDS—When added in the correct proportion, egg yolk solids give a pleasing color and flavor to the mix, while at the same time increasing its food value. If an excessive amount is added, the ice cream may take on a distinct egg flavor. Egg yolk solids increase the whipping quality of the mix, and the concentration of its total solids.

STABILIZERS—Stabilizers improve the texture of the ice cream, and at the same time protect the product against changes in texture during the storage period. Were it not for the presence of stabilizers, large ice crystals would be almost sure to form in the ice cream if the storage temperature fluctuated. Such large crystals would greatly impair the quality of the ice cream.

Stabilizers may be of animal origin, such as gelatin, or of plant origin, such as sodium alginate (a derivative of ocean kelp, marketed under a trade name), and other products containing pectin, irish moss, certain gums, etc.

FLAVOR—The flavor of ice cream is its most important characteristic. It is the composite of the blending of many different ingredients to give a delicately-pleasing taste appeal. Delicate flavors are preferred to strong ones. Natural flavors are frequently supplemented with artificial flavorings. Vanilla is the most popular ice cream flavor, as 75 per cent of all ice cream sold is vanilla-flavored. Chocolate ranks second in popularity, and strawberry third.

COLORING—Colors certified by the Food and Drug Act of the U. S. Department of Agriculture are used to give ice cream the appetizing color desired. With the exception of chocolate, almost all ice cream contains some artificial coloring.

A variety of milk products may go into the ice cream mix, but each must have a definite relation to the other constituents and be in the exact proportion necessary to produce a satisfactory product. For this reason only formulas that have been worked out on a scientific basis should be used. And, any operator desirous of preparing his own mix will find many such formulas available.

Some of the milk products commonly used are: fresh sweet cream, frozen cream, a very thick cream of the consistency of soft butter known as plastic cream, sweet cream buttermilk, frozen skim milk,

Comparative Caloric Value of Individual Servings of Different Foods*

	Grams	Size of Serving	Calories
Vanilla Ice Cream	100	3/4 cup	207
Sherbet	100	1/2 cup	123
Apple pie	135	1/4 of 9-in. pie**	331**
Blueberry Pie	135	" " " "	291
Cherry Pie	135	" " " "	340
Custard Pie	130	" " " "	266
Coconut Custard Pie	130	" " " "	266
Lemon Meringue Pie	120	" " " "	302
Mince Pie	135	" " " "	341
Pumpkin Pie	130	" " " "	263
Angel Cake	40	2-inch section	108
Foundation Cake, plain icing	100	3-inch section	342
Foundation Cake, fudge icing	100	3-inch section	349
Plain Cake and Cup Cakes	100	2 cup cakes	327
Sponge Cake	40	2-inch section	117

*Composition of Foods, raw, processed, prepared, U. S. Department of Agriculture, Agriculture Handbook No. 8.

**Size portion of pie and cake, Nutrition in Health and Disease, 12th ed., Cooper, Barber, Mitchell and Rynbergen, 1953, J. B. Lippincott Co.

***Calculated from Agriculture Handbook No. 8.

non-fat dry milk solids, whole milk solids, plain or sweetened condensed whole milk and skim milk, etc.

Needless to say these products should be of a high quality if the ice cream is to have that desirable fresh, taste-tempting flavor.

OVERRUN—Overrun is a word often used to refer to ice cream. It refers to the increase in volume of the ice cream over the ice cream mix. This increase is due to the incorporation of air into the mix during the freezing process. The amount of overrun allowed is determined by the legal requirements of the specific locality.

A definite per cent of overrun or yield is necessary if the ice cream is to have the proper body, texture and palatability. The composition of the mix and the processing method will determine the amount of air that should be incorporated into it. Too little air gives a soggy product; too much air results in a fluffy, unappetizing ice cream. Bulk ice cream usually contains 90 to 100 per cent overrun.

Freezing Ice Cream

As the ice cream mix goes into the freezer, its temperature should never be higher than 40°F. Some flavorings may be added with the mix; others are better added later, but in sufficient time to be well distributed. Acid fruits will coagulate the milk in the mix if added before ice crystals begin to form. Frozen fruits should be completely thawed before being added. Fruits and nuts will remain in larger pieces if not added too soon.

As the freezing process takes place, heat is transferred from the mix, and air is incorporated into it. With the lowering of the temperature, therefore, there is a change in the volume of the ice cream. It increases. For this reason, the volume of the mix, flavoring and coloring should never be more than one-half the volume of the freezer chamber.

For best results the freezing action should take place quickly. And to hasten this action—the quick transfer of heat from the mixture and the incorpora-

tion of air into it—the ice cream mix is rapidly agitated.

Care must be taken not to overfreeze the ice cream. On the other hand, ice cream which is underfrozen will be coarse when hardened. The ice cream should be frozen as stiff as possible consistent with proper overrun, and the ability to withdraw the frozen cream from the freezer into the containers. The stiffness of the freezing greatly influences the quality.

HARDENING THE ICE CREAM—Many persons consider ice cream at its best as it comes directly from the freezer. But in this state it is too soft to hold its shape, and for practical purposes, it must be hardened.

After it is withdrawn from the freezer, the containers are placed in a hardening cabinet or room—possibly the sharp freezer. Here the freezing process continues but without agitation.

Like the initial freezing process, the hardening process should be rapid to prevent the formation of large ice crystals in the ice cream. The temperature should be kept at -10° to -15° F. without fluctuation. If as much as 24 hours are allowed to complete the hardening process, the ice cream will be of a coarse texture. The time allowed is usually 12 to 15 hours.

UNIFORM TEMPERATURE IN HOLDING CABINET—If the ice cream cabinet has separate compartments for bulk and packaged ice cream, each compartment should have its own uniform temperature. The temperature of the bulk ice cream compartment should be maintained at 8° to 12° F. It has already been pointed out that too soft ice cream will not yield as many dips per gallon as ice cream kept at the required uniform temperature. This means a shrinking of the profits as well as of the servings. Packaged ice cream should be held at a temperature of 0° to 5° F.

Keeping the lids on the ice cream wells when not in use helps to maintain satisfactory temperatures, and prevents ice cream from becoming too soft.

The cabinet should be kept defrosted for proper circulation of cold air.

Since many quantity food operators have the ice cream made on the premises, and make their own mixes, let us follow the process of ice cream making as it is carried on in The T. Eaton Co., Toronto. Here the mixes are made, pasteurized, homogenized and frozen. An ice cream with a butterfat of 13.5 per cent is served in the cafeterias, and is made from the following formula:

Cafeteria Ice Cream Mix	
Fat	13.5%
Serum Solids	6.4
Sugar	11.7
Stabilizer	0.28
Egg Solids	0.7
<hr/>	
Total Solids	32.58

PASTEURIZATION OF THE CREAM—The cream is poured into a sieve-topped dump tank. From here it is piped into the pasteurizer. (The pasteurizer is a steam-jacketed tank which in this case will hold 170 gallons of cream. It is fitted with a paddle-type agitator set at a 45° angle.) The cream is agitated in this pasteurizer 10 to 15 minutes.

The milk solids are first added to the cream, then

the frozen egg yolks, and the sugar combined with the gelatin which is the stabilizer. The mixture is agitated 5 to 10 minutes.

The steam is now turned on and the mixture heated to 160° F. The temperature is recorded by a moving needle on the wall behind the tank. When the temperature reaches 160° F. both the paddles and the steam are shut off. This temperature is held for 30 minutes. The pipes are now connected so that the mix will run through the homogenizer.

HOMOGENIZATION OF THE MIX—We will see that the homogenizer is one of the most important pieces of equipment in the production of smooth, velvety ice cream as it breaks the fat globules in the cream into small particles.

The mixture leaves the pasteurizer through a pipe fitted with a sieve. As it enters the small homogenizer body, it goes through six valves set with springs and tiny groove openings. The pressure exerted on the mix to force it through these grooves is 2700 pounds per square inch. The mix is now forced into pipes entering the main valve. Here again are very small groove openings which further break down the fat particles. The mix is sent on its way from the homogenizer to the cooling pipe system.

COOLING PIPE SYSTEM—The cooling system in this particular machine is 12 feet long and 6 feet high. The upper part of the coils is filled with running cold water; the bottom with brine. The heat of the mix causes the brine to evaporate so that it must be continually piped into the coils. The brine flow is turned off before the last of the mix is turned over so that all the brine will be evaporated.

The cream mix is forced to the top pipe of the cooling coils by the pressure exerted in the homogenizer. This pipe has small perforations on its surface. The mix is forced through these perforations and down the face of the pipes to be further cooled.

HOLDING TANK—A pipe attached to the bottom of the cooling tank leads the mix to the holding tank. This is a large tank with an agitator-type paddle and a set of brine cooling coils suspended in the middle. The mixture is agitated until the contents of the tank are cooled to 40° F. The vanilla is now added and blended into the mixture.

FREEZING THE MIX—Five gallons of the mix is run into the freezer through a valve fitted with a sieve. As soon as the mix enters the machine, another 5 gallons is run over to be ready for the next freeze. A gauge at the side of machine indicates when the freezer is full. The brine cooler is then turned on and the freezing begins to take place.

This freezer is a small cylindrical tube set horizontally and fitted with scrapers to remove the mix from the sides of the tank as it freezes. Beaters agitate the mix so that it freezes uniformly.

Ammonia liquid is piped into the compression tank at the back of the machine. This liquid goes through needle-like valves into the control tank, where it turns to gas and circulates around the outer part of the freezer. It then returns to the compression tank.

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Freezing Ice Cream

(Continued from preceding page)

Composition of Plain Ice Cream, Individual Serving of 100 grams or $\frac{3}{4}$ cup*

Calories	207
Protein	4 gm.
Fat	12.5 gm.
Carbohydrates	20.6 gm.
Water	62.1 gm.
Calcium	123 mg.
Phosphorus	99 mg.
Iron1 mg.
Vitamin A	520 I. U. (Int. Units)
Riboflavin19 mg.
Thiamin04 mg.
Niacin1 mg.
Ascorbic Acid	1 mg.
Ash8 mg.

*Composition of Foods, raw, processed, prepared, U. S. Dept. of Agriculture, Agriculture Handbook No. 8.

The ammonia cooler is left on until the gauge at the side of the machine indicates "7". This is the resistance gauge and indicates the thickness of the mix by the amount of resistance it exerts on the scrapers.

When the indicator is at "7", the ammonia cooler is turned off, and the beaters started. The temperature of the mix is now 27°F.

The beaters continue to run until the mix reaches the required volume. This can be determined by the thickness of the mix, or can be tested by an "overrun" tester.

The overrun tester consists of a 16-ounce cup set on a small spring scale, which is marked to show the percentage of overrun based on the weight. The overrun should be approximately 100 per cent. If a higher overrun is obtained, the ice cream is inclined to be frothy and unappetizing, and its solid content will not meet the required standard.

The ice cream leaves the freezer by means of a small opening equipped with a cut-off. This cut-off can be set in gallons, molds, or bricks as required.

The ice cream is now placed in the hardening room to complete the freezing process.

Georgian Room Vanilla Ice Cream Mix

The recipe for the vanilla ice cream mix that follows is the one used for the T. Eaton Company's de luxe dining rooms—The Georgian Room and The Round Room. Here an ice cream with a high butterfat content and an overrun of approximately 92 per cent is served.

Yield: 18 imperial gallons (160 oz. per gallon)

Overrun: 92 per cent

Ingredients	Weight	Measure or Count
CREAM 24%		23 $\frac{1}{4}$ gal. (imperial)
CREAM 40%		$\frac{3}{4}$ gal. (imperial)
MILK SOLIDS, NON-FAT	12 lb.	
FROZEN EGG YOLKS	8 lb.	
GELATIN	12 oz.	
SUGAR	58 $\frac{1}{2}$ lb.	
VANILLA	5 oz.	

Note: All gallon measures in the T. Eaton Co.'s recipes refer to the imperial gallon which contains 160 oz.

Special equipment of a smaller size is used in

making this ice cream but the procedure is very much the same. The milk solids are first added to the cream, then the frozen egg yolks and gelatin combined with the sugar. This rich mix is heated to 120°F. The steam is now turned off to prevent scorching but the temperature of the mix continues to rise. When it reaches 160°F. the paddles are stopped. The mix is held for 20 minutes. It is then put through the homogenizer and the cooling system.

Due to the smallness of the batch, it is run off in 8 gallon cans, and allowed to age in the milk storage room. When ready to freeze, vanilla is added, and the mix is frozen in the usual manner.

CLEANING AND CARE OF FREEZER EQUIPMENT—The holding vat and freezer are cleaned at one time. The following is the procedure followed at the T. Eaton Company:

1. Rinse vat pipes and freezer thoroughly with cold water.
2. Wash vat, freezer and all pipes thoroughly with warm soda water made as follows: 3 lb special soda powder for ice cream equipment to 75 gallons water.
3. Rinse all parts with warm water from hose.
4. Assemble freezer and all pipes.
5. Partly fill vat with hot water and pump through pipes and freezer.
6. Before starting to make ice cream again, pump a chlorine solution through all equipment. The chlorine solution is as follows: 2 lb special chlorine powder for ice cream equipment to 100 gallons of water.

Frozen Dessert Varieties

Ices have a tart, fruity flavor. They are made of fruit juice and water. They may be plain or contain egg solids, nuts, candy, fruit, etc. They are devoid of milk solids, and for this reason are lacking in richness.

They have a coarser texture than ice cream, a higher sugar content, and melt faster. They also have a low overrun—25 to 35 per cent.

Stabilizers are important in their production because of their low total solids content.

To obtain the desired tartness in the ice, as well as intensify the natural flavors, an acid solution is generally added, such as citric or tartaric acid.

Sherbets were formerly very similar to ices, but the demand today is for a sherbet that is almost as smooth, rich, and full-bodied as ice cream. They contain a percentage of milk solids either in the form of whole, skim or condensed milk, dry milk solids, or ice cream mix. They have a higher overrun than ices—35 to 45 per cent.

The variety of sherbet flavors is almost equal to the variety of fruit plus its combinations. Almost any flavored sherbet may be served as an appetizer, an accompaniment to an entree, or as a dessert. A delicious appetizer is made by adding the sherbet to a fruit punch.

Sherbets as a rule are served in a special dessert glass, rarely if ever with a sauce.

Frappe means "chilled" or "iced." It is an ice frozen to a soft consistency. It has a coarse texture. As a dessert it is served in sherbet or parfait glasses.

Frappes make a pleasing addition to punch when used in a mass.

Parfait comes from a French word meaning "perfect," and to many Americans this connotation fits it to a "T" as it is one of their favorite desserts.

The base of any parfait is a rich custard. This frozen dessert is richer, smoother, and more delicate than ordinary ice cream.

Parfaits may be made of almost any fruit—fresh, frozen, canned, dried—as well as with crumbled macaroons, nuts, etc. Sweet cordials, dessert wines, or liqueurs are frequently used as the flavoring.

The parfait is served in a special parfait glass topped with a rosette of whipped cream, and may be garnished with a red or green maraschino cherry, candied fruit, marzipan, nuts, a strawberry or orange section, etc.

For that added touch which is sure to bring forth oh's and ah's, the whipped cream is delicately tinted, and the parfait topped with a small Japanese open parasol in complementary colors.

A mousse ice cream is of a spongy consistency with a base of flavored and sweetened whipped cream. Fruit purees, chopped fruits, crumbled macaroons or meringues and/or nuts are added. Sweet cordials or dessert wines may be used to give a refreshing flavor and add variety.

Unlike sherbets and parfaits, mousses are not served in footed glass dishes. They are usually molded in fancy small molds for informal service, or in a large mold for formal service, and served on a flat dish with a sauce as the accompaniment.

A bombe ice cream is a bomb-shaped mold consisting of one, two, three, or even four different kinds of frozen mixtures. Some combinations are: pistachio ice cream, strawberry sherbet and vanilla ice cream; chocolate ice cream, orange sherbet, vanilla ice cream; vanilla ice cream, cranberry sherbet.

Large bombes are frequently served at banquets—one for each table or group of 8 to 12 people. They are brought into the banquet hall on lighted platters and held high by waiters marching around the room.

A coupe is a combination of ice cream and fruit, served in a special footed glass. It may be topped with a rosette of whipped cream and garnished with chopped nuts, candied fruit, slivers of chocolate, caramel candy, strawberry jam, etc. Just before serving, a cordial or liqueur may be poured over the ice cream to add a distinctive flavor.

Bisque ice cream is made of a rich mix. When partially frozen one or more of the following in small pieces is added: macaroons, sponge cake, lady fingers, crunchy cereal, chocolate chips, coarsely chopped toasted almonds, etc.

Biscuit Tortoni is a very rich ice cream. It has for its base whipped cream, stiffly beaten egg whites and egg yolks, simple syrup and flavorings. Other ingredients may include a stabilizer such as gelatin, crumbled macaroons or crushed wafers, toasted coconut, chopped nuts. Sugar and water are cooked to the short thread stage (234°F.) and the syrup is poured slowly over the stiffly beaten egg whites. The egg white mixture is folded into the stiffly beaten egg yolks. When cool, the whipped cream, flavorings, and other ingredients are folded in. The



Green Creme de Menthe Parfait, recipe on page 18

mixture is poured into paper cups and frozen.

Spumoni is a rich Italian ice cream. As it is known in this country, it is a fancy ice cream made in a mold and consisting of two or three different flavored ice creams. The bottom and sides of the mold are lined with vanilla ice cream. The bottom half of the hollow center is filled with a chocolate mousse (or other flavor), and the top half with a tutti-frutti ice cream. The mold is tightly covered and frozen. For serving, the spumoni is cut in 1-inch slices or in wedge-shaped pieces.

ICE CREAM MOLDS—Ice cream can be used today to celebrate almost any important occasion as appropriate molds may be made or purchased to tie in with any holiday or festive event. For instance, at Easter-time ice cream molds represent lilies, rabbits, or chickens popping out of an ice cream egg. Santas or snowballs decorated with holly make their appearance during the Christmas holiday season, while at Thanksgiving the proverbial yellow pumpkin is much in evidence. Ice cream hearts proclaim Valentine's Day, etc.

Soft Frozen Dairy Desserts

With America today calorie-conscious, many lovers of ice cream are delighted with "soft-serve frozen desserts," commonly called "soft ice cream." These desserts are low in butterfat, high in milk solids and other nutritive properties, and low in calories. Nevertheless, they have a rich, satisfying flavor and a smooth velvety consistency.

But the term "soft ice cream" is more or less a misnomer as "ice cream" is a connotation denoting a minimum percentage of butterfat, and, by and large, a specified percentage of overrun. Soft-serve frozen products to be the most desirable cannot comply with these same standards.

For instance, research has shown that a mix of low butterfat (4 to 6 per cent), and one high in milk solids gives the most satisfying and best textured

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Soft Frozen Dairy Desserts

(Continued from the preceding page)

soft-serve frozen product. Again, a soft-serve frozen dessert requires a low overrun (30 to 50 per cent), while bulk ice cream on an average has an overrun of 100 per cent.

Regardless of these differences or the designation, soft-serve frozen desserts are rapidly gaining in popularity especially with the fountain-type establishment, lunch counter, and drive-in operation. They have taste and eye appeal and are satisfying. In addition, they give the operator a good return on his investment.

Soft-serve frozen desserts are made from a special mix which is obtainable from almost any dairy or ice cream company. These mixes are available in a variety of flavors. Fruit and nut soft-serve desserts are on the increase, and prove good sales boosters, but not every freezer is designed to handle these products.

A fountain dispenser-type ice cream freezer is used to freeze and dispense the product. For best results, the finished dessert is held at 20°F.

The most modern designs of dispenser-freezers are foot-operated. This allows the operator to have his hands free to draw several desserts at practically the same time.

The machine is regulated to dispense the same desired number of ounces of the frozen product each time. This gives an accurate control of the cost of each portion.

These soft-serve frozen desserts lend themselves to the same type of desserts as ice cream—individual servings, parfaits, sundaes, frozen fruit pies, a la mode pies, cakes and puddings, and shortcakes. (For shortcakes, please see INSTITUTIONS, February 1954, How To Serve Successful Desserts, page 119.)

When the customer's order is taken, the soft-serve frozen dessert is dispensed direct from the freezer into the serving dish, except when the dessert is frozen fruit pie.

Malteds and Milk Shakes. Malteds and milk shakes are also made from a mix in a similar manner to the soft-serve frozen dessert.

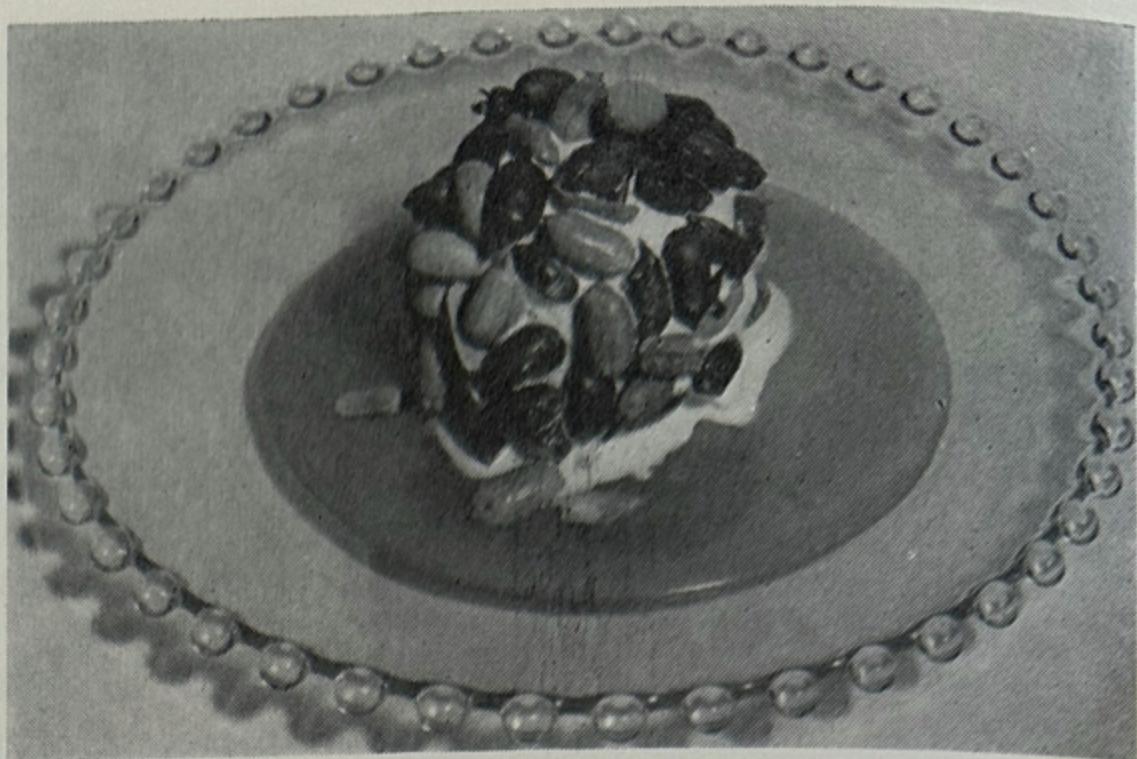
Frozen Malteds are becoming increasingly popular in distinct types of operation such as drive-ins, soda fountains, and refreshment stands in department stores.

The frosted mix is similar to a malted milk shake and when frozen resembles soft ice cream. It is dispensed directly into the serving dish, paper cup, or cone.

Dipping Bulk Ice Cream

In the manufacture of ice cream, as in making cake and bread, air must be incorporated into the product to get the desired texture, flavor and palatability. In ice cream this is known as "overrun," as previously discussed.

But if bulk ice cream is not properly dipped much of the amount of carefully controlled air incorporated into the ice cream is squeezed out. This is



Peanut Vanilla Roll with Butterscotch Sauce,
The T. Eaton Co., Ltd., Toronto

known as "dipper shrinkage," but it might well be termed "shrinkage of profits," or "shrinkage of customer satisfaction." The quality of ice cream has been impaired; the operator does not receive a fair return on his investment; and the customer is served an inferior product. Still it is not uncommon for some employees, due to improper dipping procedures, to press so much air out of the ice cream that they are able to dip only 3 gallons from 5 gallons of ice cream.

Such losses can be eliminated if the following procedure for dipping bulk ice cream is followed:

1. Tap the dipper on a clean towel to remove any excess water before dipping it in the ice cream. (In many states today it is a sanitary requirement that the dipper be kept in a well of warm running water. It is not enough just to have it in a container of water.)

2. Start the dipper close to the wall of the container not deeper than one-half inch into the ice cream. Draw the dipper in a circular motion across the surface without compressing the ice cream. Follow dips around in this circular motion until an even layer is removed, and no ice cream adheres to the sides of the container.

How often have you seen a well in the center of the container, and the sides so heavily laden with ice cream that a spade had to be used to remove it?

3. Remove one layer at a time all the way down the container. As the ribbons of ice cream are cut off, roll them into a smooth round ball to fill the dipper without compressing the ice cream into it.

There are several "roll type" dippers on the market that facilitate this process. The cutting edge of the bowl is not in any way obstructed, and it is able to slice through the frozen cream without compress-

NUMBER OF SCOOPS ICE CREAM PER GALLON ACCORDING TO SIZE OF SCOOP

Size of Scoop	No. of Scoops Per Gallon
Number 30	62
Number 24	51
Number 20	42
Number 16	35
Number 12	26
Number 10	24
Number 8	22

ing it.

4. Cut out each serving without crushing. Use moderate pressure, and, where possible, cut off the portion against the ice cream to prevent compression. Maintain a nearly level surface right to the bottom of the container. This will retain texture and flavor, and give the desired yield.

Oven-Browned Ice Cream

Oven-browned ice cream desserts! These desserts are having a heyday, and patrons continue to react enthusiastically wherever they are served.

Oven-browned ice cream desserts are sure to give a glamorous and interesting touch all their own to the meal.

Probably the most exotic of these broiled or oven-brownied desserts is baked alaska with a close runner-up being irresistible frozen pie, piled high with golden meringue.

Soft meringue plays an important role in the production of these desserts for how could they be made without this "non-conductor of heat" coating? The meringue protects the ice cream from the heat of the oven. This type of meringue is known as *soft meringue*, while that used for a pie shell is called *hard meringue*.

TO MAKE SOFT MERINGUE—Have eggs at room temperature. Add a small amount of salt. Allow 2 tbsp. sugar for each egg white. (Too much sugar gives a gummy, sugary soft meringue; too little gives a less fluffy and less tender meringue.) Beat until eggs are stiff and glossy, and will stand in peaks. Add flavoring, if desired.

TO MAKE BAKED ALASKA—Place an individual serving of sponge cake on a buttered pie plate or small baking sheet. Remove top crust of cake. Put a Number 12 scoop of ice cream (preferably a pink or green or a combination of both) on top of cake. Completely cover ice cream, and top and sides of cake with a thick coating of soft meringue.

Pop under hot broiler or into a very hot oven (500°F.), and leave just long enough for the meringue to become a delicate brown. Serve immediately.

Flaming Ice Cream Desserts

Flaming ice cream desserts are showmanship in action—plus delicious eating. Once the shooting blue flames have died down and the alcohol has evaporated, a flavor and aroma are left behind that are unsurpassed.

Cognac and other brandies, bourbon, and rum are most frequently used with ice cream desserts. In de luxe dining rooms, kirsch—a clear cherry distillate of an exquisite flavor and 100 proof, produced in France and commanding a high price—is a general favorite. The higher the proof, the more easily the burning takes place.

In New Orleans' restaurants where flambéed desserts are a specialty, rum of a very high proof or bonded bourbon is a favorite for burning. When

only slightly warmed the liquor bursts into high blue flames, to the delight of the guests, and gives a fire that is full of vigor and lasting, too.

For flaming desserts, all liqueurs are slightly warmed so as to ignite more readily.

Rarely does a dexterous maître d'hôtel or captain have to ignite the liqueur with a match. He skillfully slants the flat skillet towards the burner under the chafing dish, and the flames shoot heavenward. This is done in full view of the guests and brings a temporary halt to even the most animated conversation in progress.

Shells for Ice Cream Pies

To vary the base for ice cream pies use—

1. A pastry shell. Chill thoroughly.
2. A nut crust. Grind very fine walnuts, pecans, toasted almonds, peanuts, or brazil nuts. Add a small amount of sugar. No shortening is required as nuts are rich in fat. Press mixture into pie plate with back of spoon. Bake in a 350°F. oven 10 minutes. Chill.
3. A coconut crust. Rub butter or shortening into pie plate. Pat shredded coconut evenly into shortening. Bake in a 350°F. oven 12 to 15 minutes, or until delicately brown. Cool before adding ice cream.
4. A coconut-chocolate crust. For each 9-inch pie, melt 1 1/4 cups (6 oz) semi-sweet chocolate pieces in double boiler. Blend in 1 1/2 oz (approx. 6) cut-up marshmallows, 1 1/2 cups crumbled cornflakes, 1/2 cup finely chopped blanched almonds, 1/2 cup shredded coconut, and a few grains of salt. Press into pie plate. Refrigerate until firm.

For that extra special occasion, make coconut-chocolate baskets. Press this mixture into bottom and sides of muffin cups. Refrigerate until firm. Remove from muffin tins, place baskets on serving plates, heap high with peppermint or coffee ice cream, and top with swirls of chocolate sauce.

5. A cream puff mixture shell. Bake mixture in 375°F. oven approximately 35 to 40 minutes.
6. A crumb crust. Have crumbs very fine. Add melted shortening to gingersnap, chocolate or vanilla wafer crumbs. No sugar is required. Graham cracker or corn flake crust is made in a similar manner except that sugar is added. Press mixture into pie plate. Refrigerate until firm.

7. A meringue shell. Have egg whites at room temperature. Add a small amount of salt and cream of tartar. Beat until fairly stiff. Allow 4 to 5 tbsp. sugar for each egg white. Add sugar gradually. Beat whites until they are stiff and glossy and will stand in peaks. Spread mixture evenly on paper-lined pie plate. Bake in a 250°-275°F. oven for 1 1/2 to 2 hours for a dry meringue; in a 300°-325°F. oven 1 to 1 1/2 hours for a moist, chewy product.

For individual meringue shells, drop by small spoonfuls in a circular motion on brown unglazed paper on a baking sheet, or heap in a high mound (hollow out top of mound with back of spoon). Bake as for meringue shell. To serve, top individual meringue with ice cream, and add fresh fruit, or chocolate or butterscotch sauce. Or, put two meringues together with ice cream ball in center, and top with sauce or fruit.

HOW TO MAKE

Ritzy Pie a la Mode



Recipes for Ritzy Pie a la Mode have been developed for 48 servings. To make the meringue base: Place crackers in mixer bowl and start mixer at low speed until crackers are broken, then turn to high speed until crackers



are in coarse crumbs. Blend baking powder and chopped walnuts into crackers. Next combine the cracker mixture with the beaten egg whites and sugar to make the meringue base.

A pie-shaped meringue that's rich with butter-cracker crumbs and chopped walnuts offers especially appealing taste and texture contrast as a base for vanilla ice cream and strawberry sauce. Developed for quantity feeding operations in the test kitchens of the National Biscuit Company, this idea for ice cream service fits easily into food production schedules.

A recipe for the strawberry sauce that's adaptable to off-peak production has also been worked out. The two recipes appearing on this page add up to an ice cream dessert specialty that will overcome dessert resistance in even the most calorie-conscious patrons.

It's a dessert specialty, too, that can be served with equal acceptance in fast food or luxury operations.

Ritzy Pie a la Mode

Yield: 48 portions

Ingredients	Weight	Measure or Count
EGG WHITES		24
SUGAR	4 lb.	2 qt.
BUTTER CRACKERS	2 lb.	2 boxes
BAKING POWDER		1/3 cup
CHOPPED WALNUTS		2 qt.
VANILLA ICE CREAM		6 qt.

1. Beat egg whites to soft peaks at high speed with whip.
2. Add sugar gradually; whip until whites are stiff and glossy.
3. Dump butter crackers in another mixer bowl; put paddle on mixer. Start at low speed till crackers are broken, turn to high speed till crackers are in coarse crumbs.
4. Add baking powder, and chopped walnuts to crumbled crackers. Blend with paddle.
5. Return meringue to mixer. Gradually pour cracker mixture into meringue; combine with paddle at low speed.
6. Put a scant quart meringue mixture into each of 8 un-

greased 9-inch pie plates. Spread evenly in plate.

7. Bake in moderate oven (350°F.) 25 minutes; cool.
8. Serve with vanilla ice cream (No. 16 scoop); top with strawberry sauce.

STRAWBERRY SAUCE:

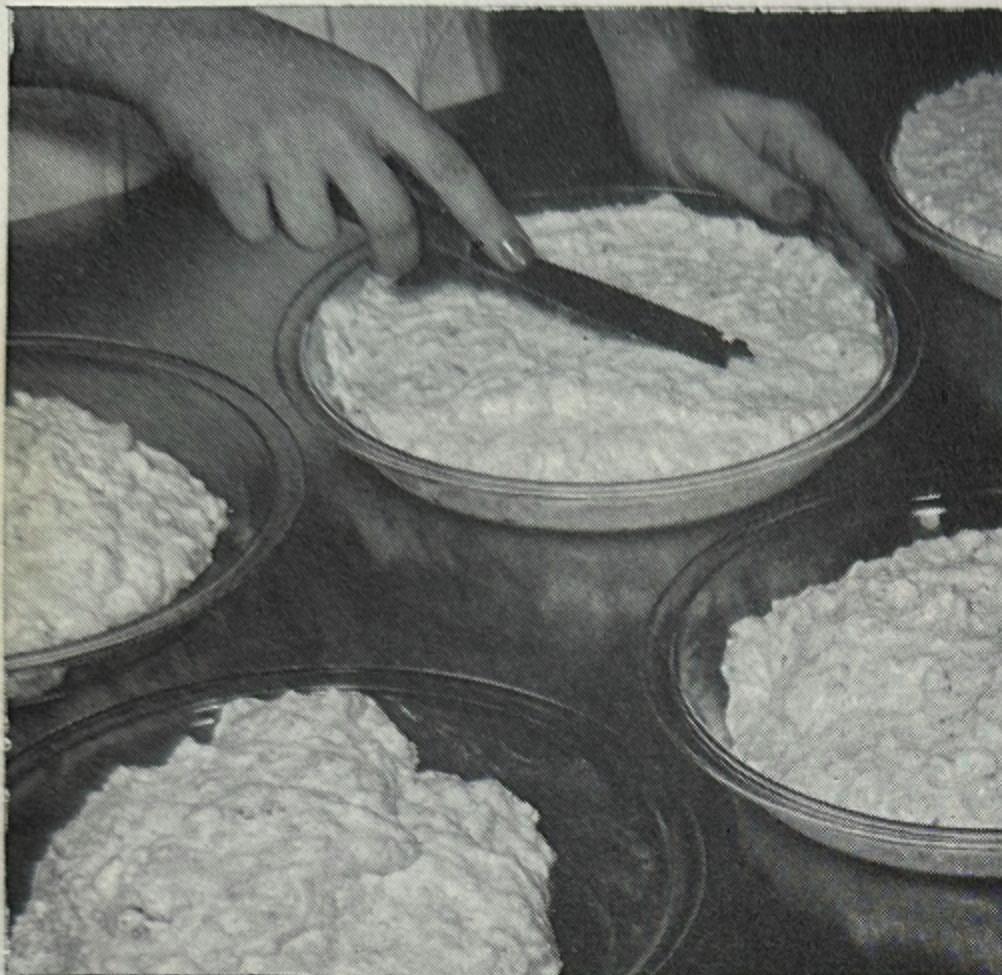
FRESH STRAWBERRIES	2 1/2 qt.
CORNSTARCH	3 tbsp.
SUGAR	1 1/4 lb.
LEMON JUICE	2 1/2 cups 3 lemons

1. Wash and hull berries; put half the berries into a saucepan and crush with whip.
2. Add cornstarch, sugar, and lemon juice to crushed berries.

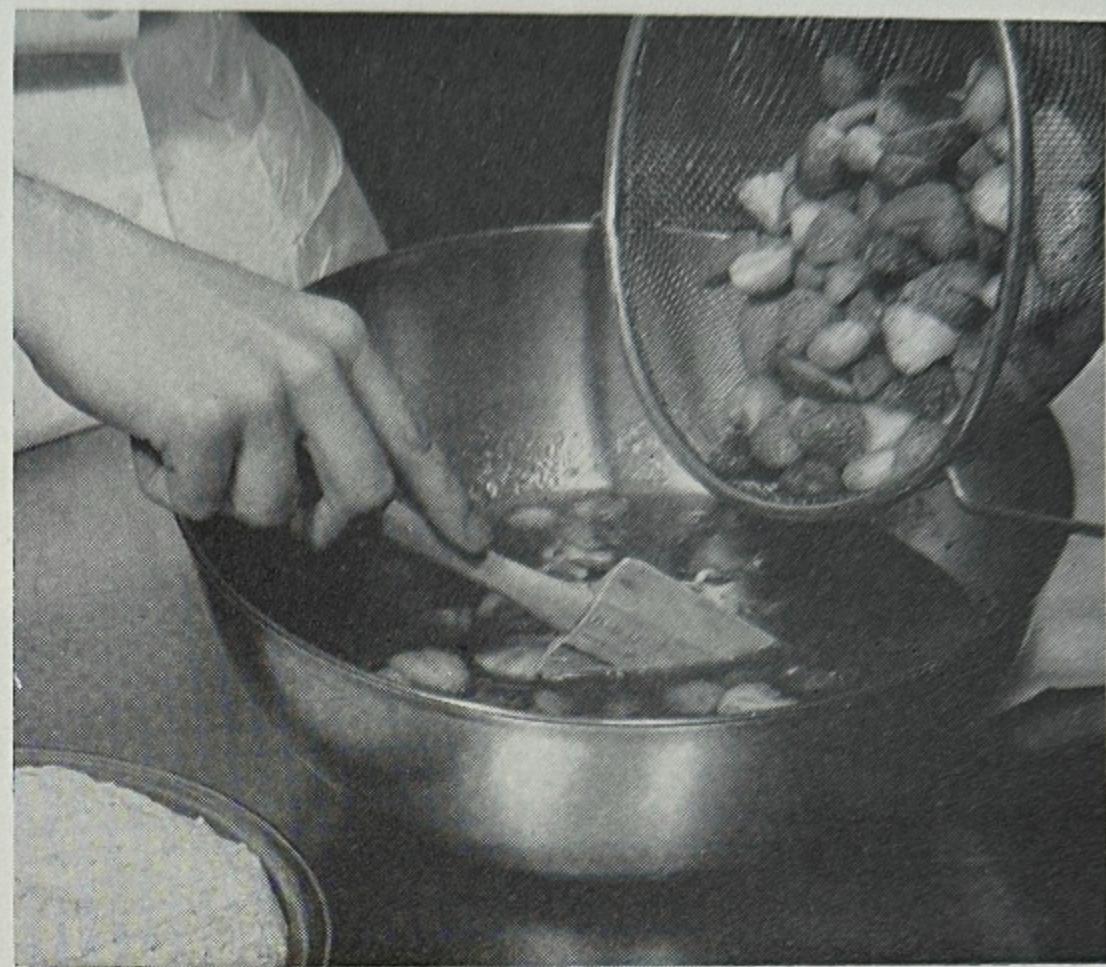
3. Cook and stir over moderate heat until mixture thickens and becomes clear; cool.

4. Cut remaining berries in halves; stir gently into cooled mixture. (Do not add berry halves until mixture has thoroughly cooled.)

5. Pour sauce over Ritzy Pie a la Mode. (Use 1 ounce dipper.)



Spread the meringue mixture evenly in 8 ungreased, 9-in. pie plates and bake 2 min. in a moderate oven. Cool before serving.



Strawberry sauce can be prepared during slack periods. Berry halves in sauce will retain their shape if sauce is thoroughly cooled before they are added.



A pie-shaped meringue wedge topped with ice cream and berry sauce adds up to a dessert that even calorie-counters can't resist. See the facing page for quantity recipes.

HOW TO MAKE

Chocolate Ice Cream Bars



At serving time in The T. Eaton Co. Georgian Room, Chocolate Ice Cream Bars are attractively arranged on a platter or tray with doilie, and passed from the side.

Chocolate Ice Cream Bars attractively decorated and resembling petit fours are a popular and inviting specialty item found regularly on the afternoon tea menu of The T. Eaton Company's lovely Georgian Room in Toronto.

The method for making these appetite-appeasers is set up according to Job Instruction Training (JIT) methods. Helen Buik, supervisor of restaurant services, says: "This type of instruction proved so valuable to us during World War II, when employees had to be trained well in the shortest possible time, that we have continued it ever since. Many of our methods are worked out according to "steps" and "key points" as illustrated in recipe below. Miss Buik is convinced that when an employee knows just "what" she has to do and "why" she has to do it, all guesswork is eliminated.

Georgian Room Chocolate Ice Cream Bars

The T. Eaton Co., Ltd., Toronto, Canada

No. of Portions: 30

Size of Portion or Bar: 1 x 1 x 2½ in.

Ingredients and Equipment Necessary

Brick of Vanilla Ice Cream, 10 by 3 by 2½ in.
Chocolate for dip
Marker for 1 in. squares

Knife
Tongs
Tray
Dry Ice

Steps

1. Remove cardboard from brick ice cream.
2. Take up marker in both hands.
3. Mark brick for cutting.
4. Put marker down.
5. Take up knife in right hand.
6. Make first cuts.
7. Cut into bars.

Key Points

Open ends and pull off cardboard.

Carefully place marker on brick so that 30 squares are marked off. Press down on marker.

Make 9 cuts across the width of the brick.

Put edge of knife down on brick—first cut the right end of brick and push the first piece on its side on paper; holding the knife parallel to the edge of the table, make 2 cuts through each piece.

8. Harden these pieces.

Lift them on to a tray covered with 2 layers of paper. Place tray on dry ice.

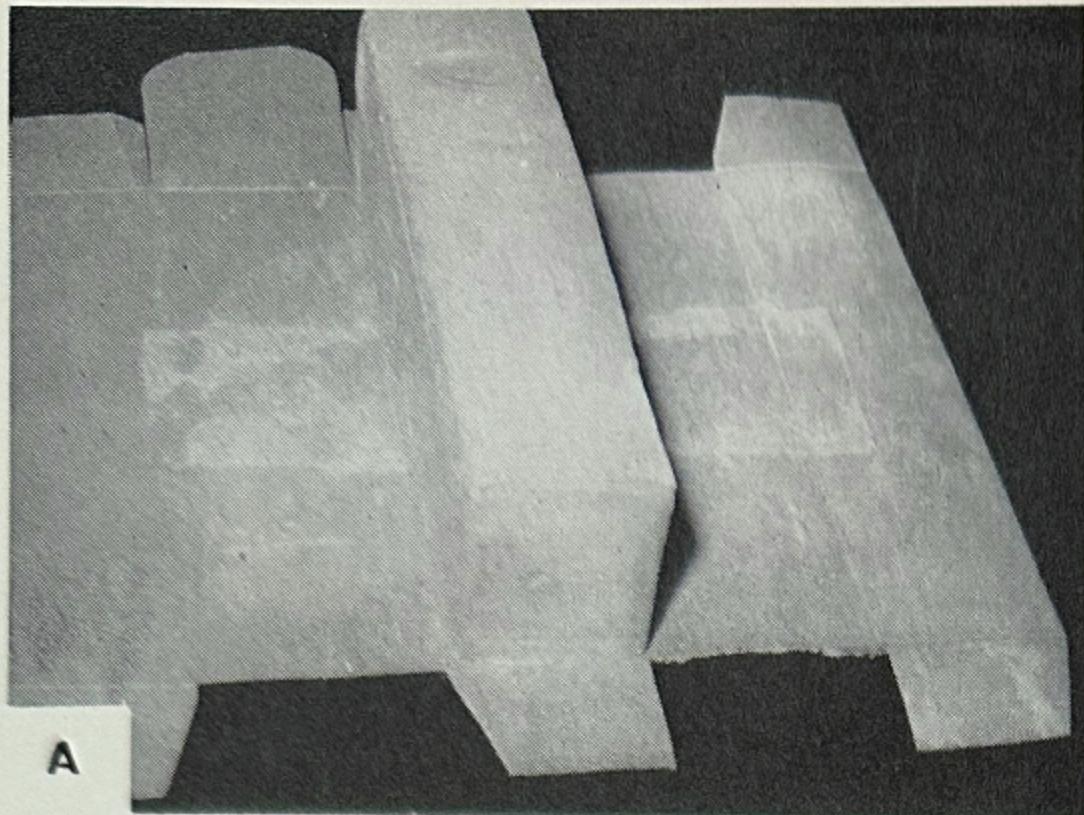
9. Continue.

Repeating until brick is cut into bars.

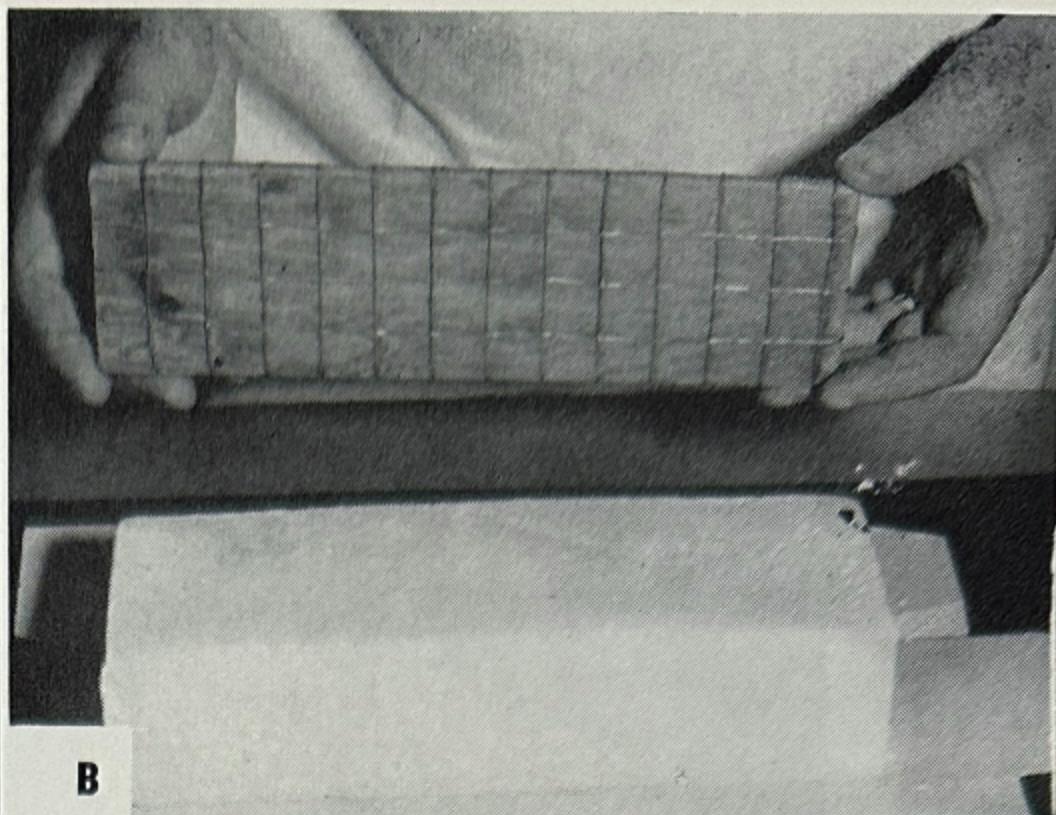
10. Place dry ice on top of bars to harden them.

WHEN BARS ARE HARD

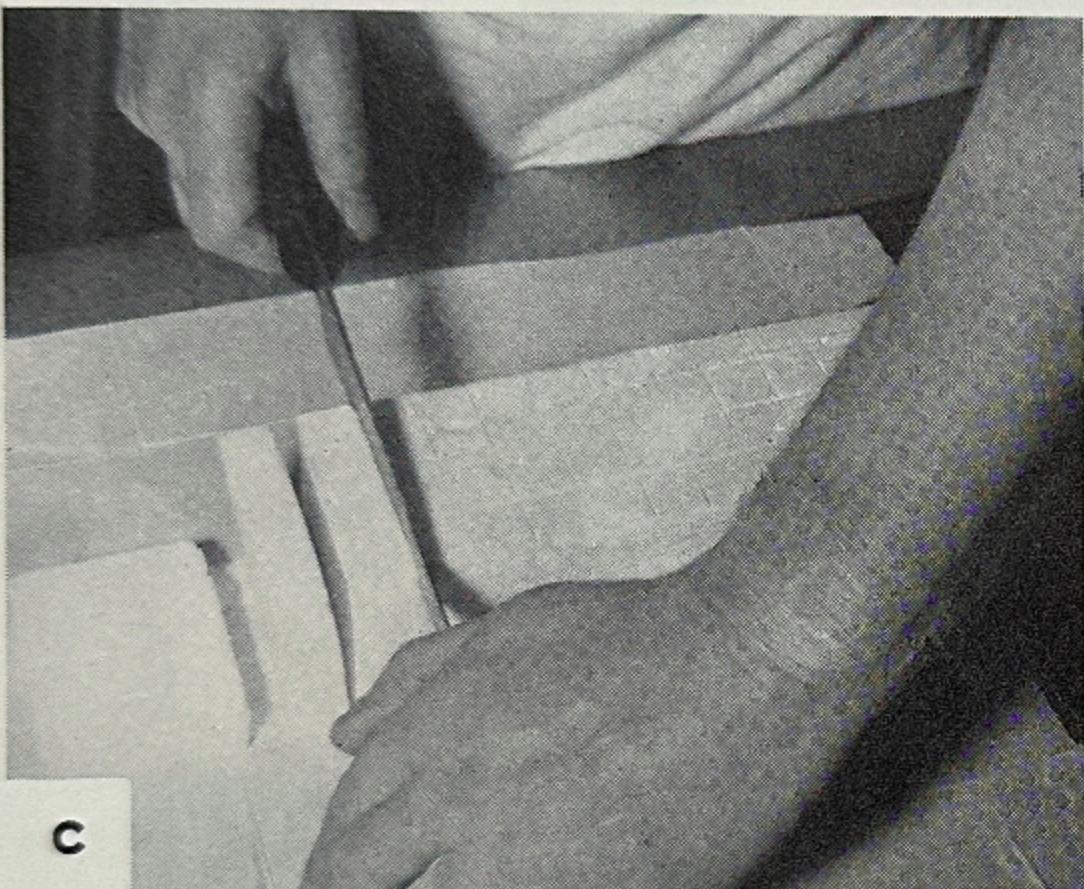
11. Remove dry ice from top of bars.
12. Take tongs in right hand.
13. Squeeze part top of tongs. In palm of hand to spread tongs.
14. Pick up bar. Lower tongs over bar so that prong is entering each end of bar.
15. Lift bar.
16. Dip bar. Until ice cream is covered. Lift out of chocolate and let drip.
17. Place on dry ice.
18. Continue. To harden. Repeating steps 13 to 17 until dry ice is covered with bars. Over dry ice to prevent melting.
19. Place hardened bars on tray.
20. Continue. Repeating steps 13 to 19 until all bars have been dripped. Follow pattern illustrated.
21. Using pastry bag and ornamental icing, pipe a floral design onto each bar. Practice design first on waxed paper. Start from center of bar.
22. Place tray of bars in sharp freezer to prevent melting.

**A**

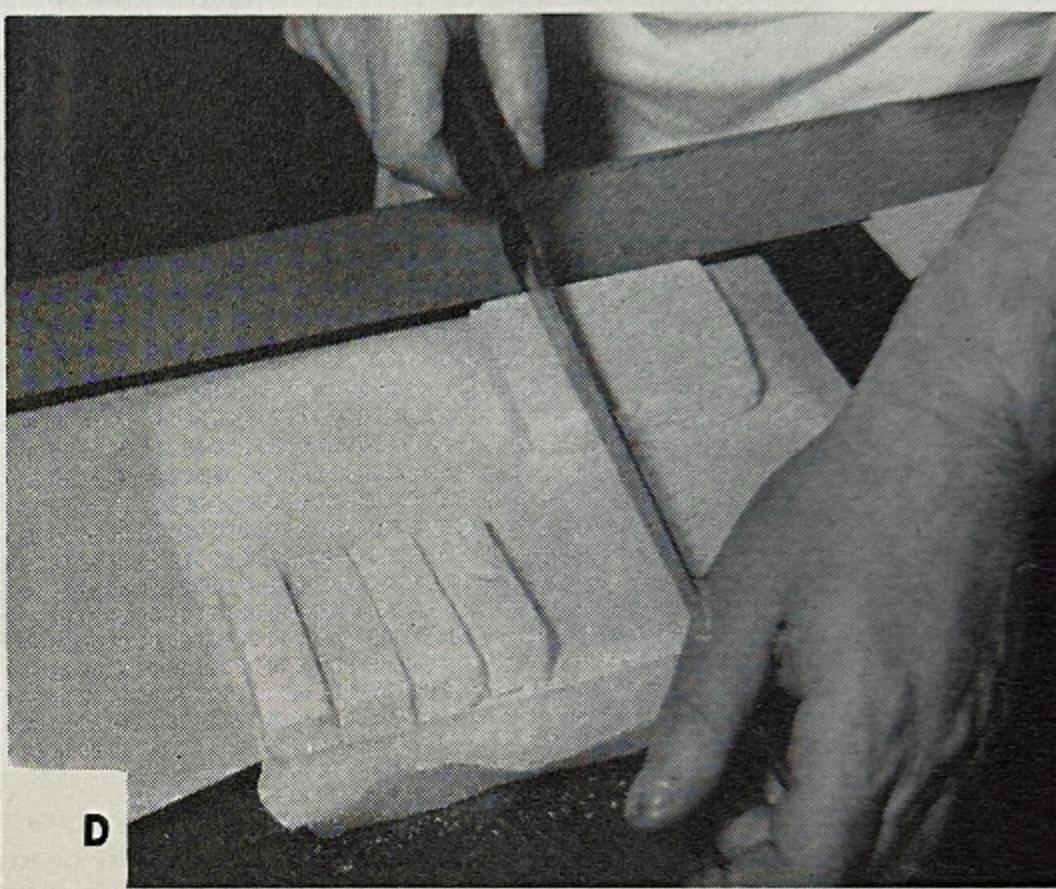
A. The cardboard box containing the brick of vanilla ice cream is removed from the top and the sides of the cream. The brick used for the chocolate ice cream bars is 10 by 3 by 1½ in.

**B**

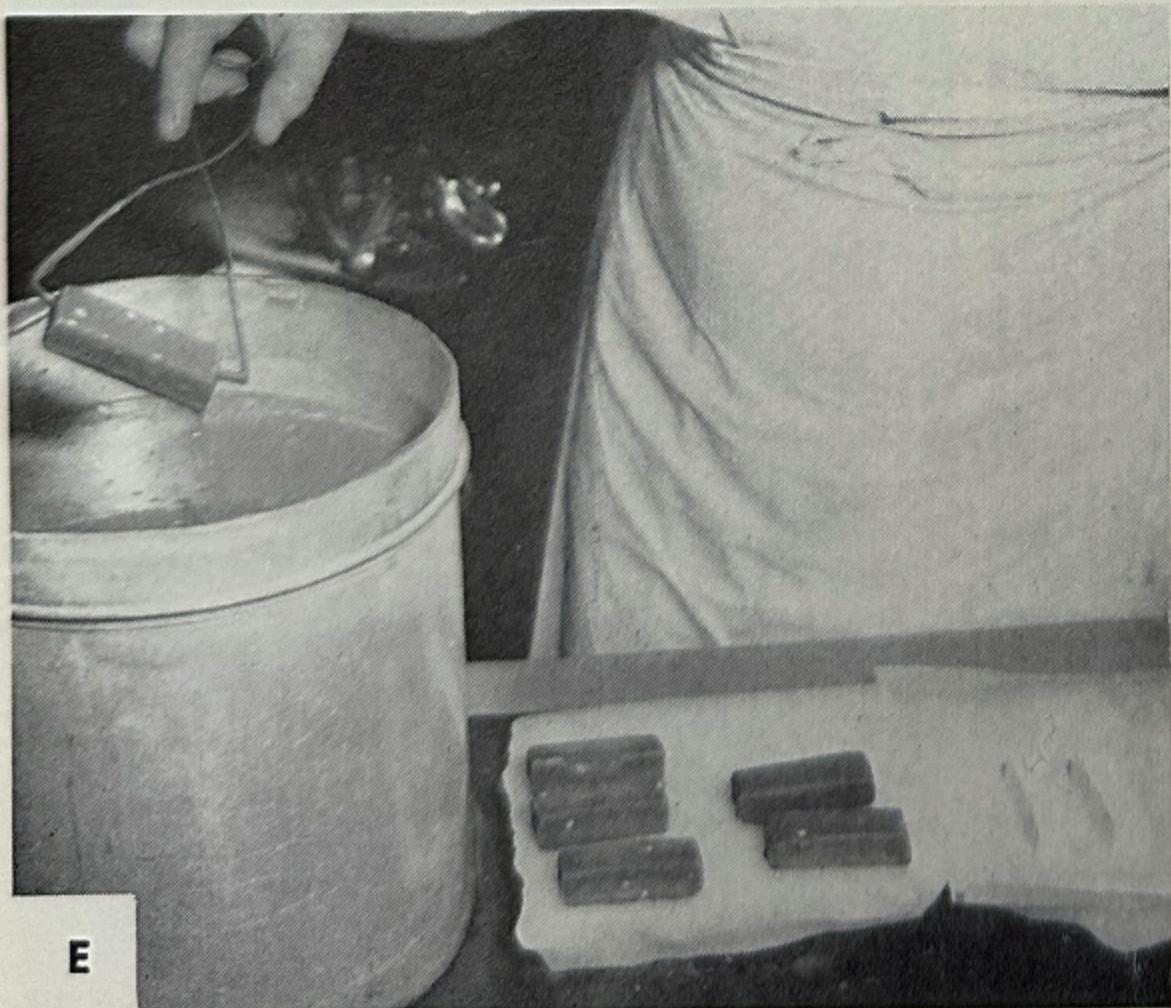
B. The marker with its wire dividers is ready to be placed on the ice cream. With a little pressure placed on the marker, 30 uniform squares are readily marked off.

**C**

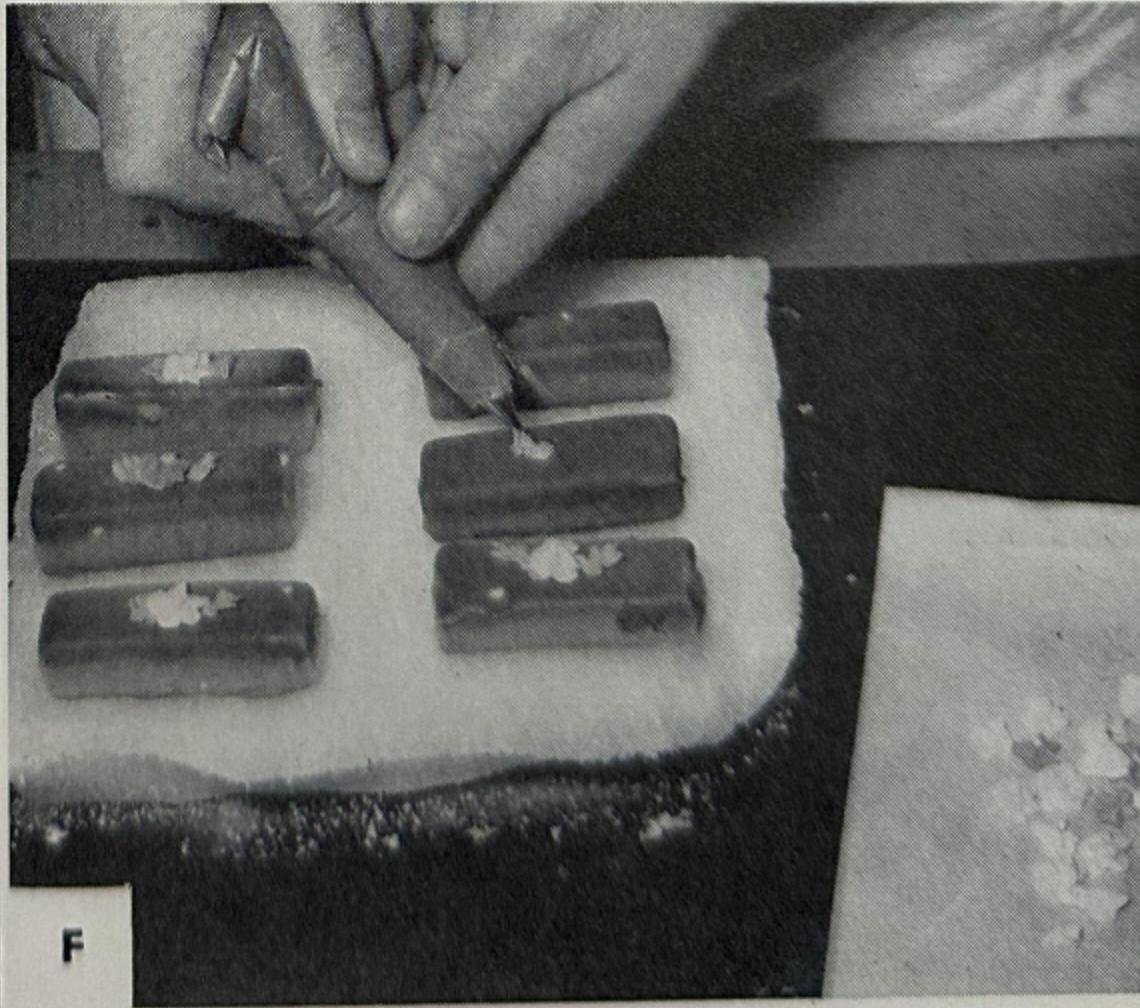
C. Nine cuts are made across the width of the brick following the markings. Notice that up to this point the marking and cutting are done with the brick of ice cream still on the cardboard box.

**D**

D. The brick of ice cream is now cut into bars. Following the markings, the slice is first cut crosswise, then lengthwise. Each bar is placed on a tray covered with 2 layers of paper. The tray is placed on dry ice. The bars are covered with more dry ice.

**E**

E. When the bars are hardened, they are ready to be dipped. Using tongs, the bar is lowered into the melted chocolate, and completely coated. The dipped bars are now placed on a tray on dry ice as before and left to harden.

**F**

F. With a pastry bag and ornamental icing, a floral design is piped onto the bar. The bars are now placed in the sharp freezer to harden.

HOW TO MAKE

Cranberry Orange Ice Cream Pie



Cranberry Orange Ice Cream Pie is a featured dessert at The Toll House in Whitman, Mass. A quantity recipe and step-by-step pictures of its preparation are presented on these pages.

Cranberry Orange Ice Cream Pie

The Toll House, Whitman, Mass.

"The delightful flavor of Cranberry Orange Ice Cream Pie is outstanding as the bland flavor of the ice cream is a perfect complement to the acid in the cranberries. At the Toll House, Whitman, Mass. this dessert is called Holiday Pie during the Christmas Season, and is a very popular dessert."

(See color picture above)

Yield: 1 8-in. pie

Ingredients	Weight	Number or Count
Cranberries, fresh or frozen	8 oz.	2 cups
Orange, large, quartered, seeds removed		1
Sugar	$\frac{3}{4}$ cup	
Vanilla Ice Cream	1 pt.	
Pie Shell, baked	1	
Whipping Cream	$1\frac{1}{2}$ cups	

Method

Put cranberries and unpeeled orange through food chopper using the coarse blade.

Add sugar. Blend thoroughly.

Combine cranberry mixture with the slightly softened ice cream.

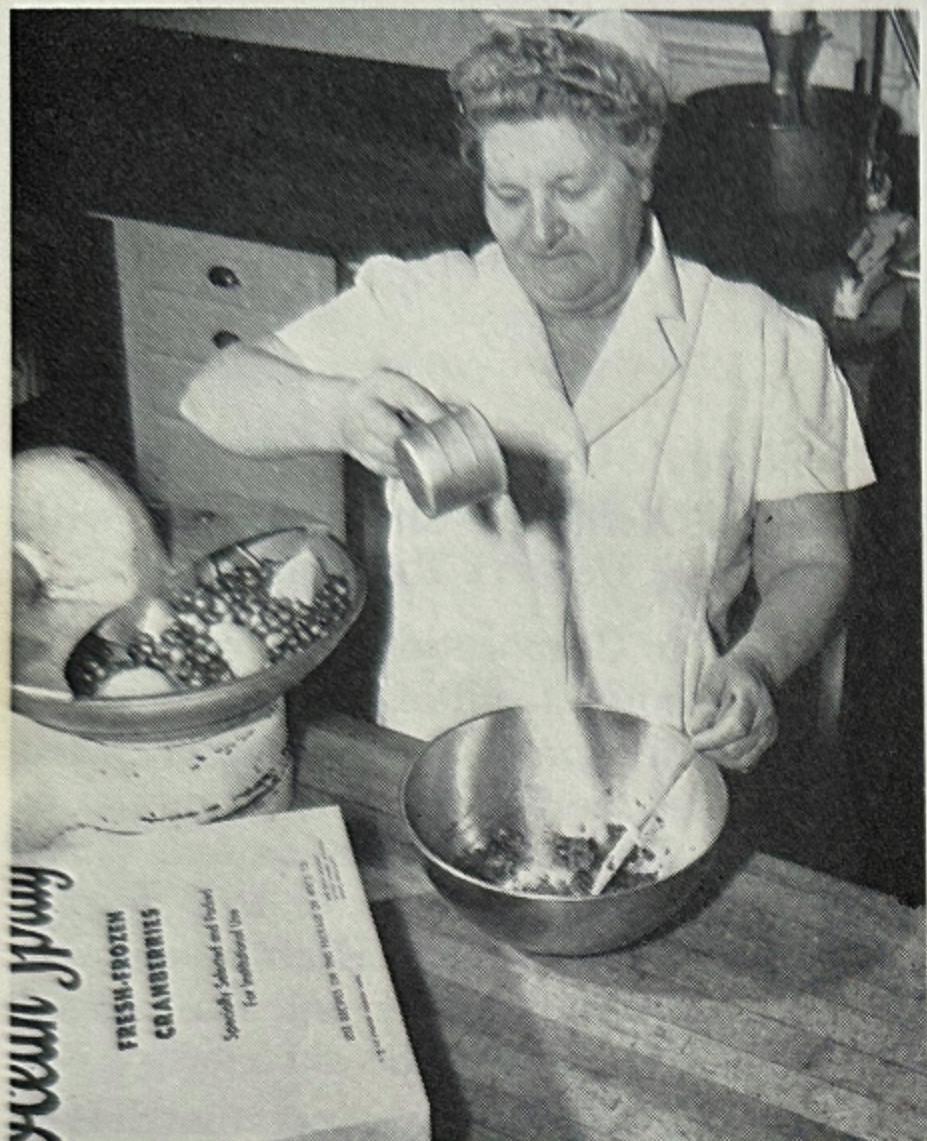
Pour or pack ice cream mixture into the chilled baked pie shell.

Freeze until firm.

When ready to serve, decorate with whipped cream and fresh cranberries. (Individual pieces of the ice cream pie may be decorated as ordered.)



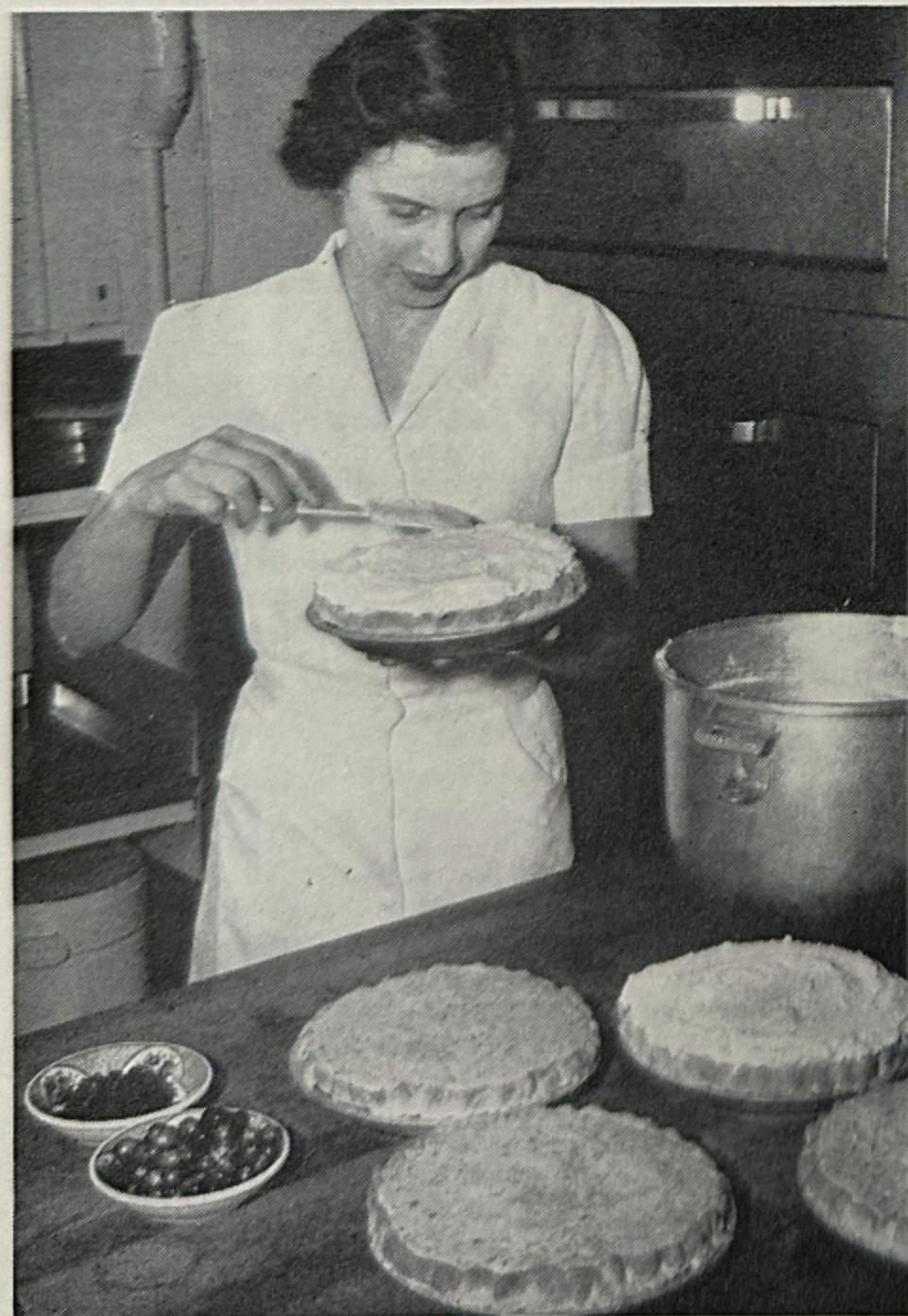
The filled pies are placed in an upright sharp freezer and left until frozen. Once frozen the pies are wrapped in freezer paper. At the Toll House these pies are usually used within 24 hours, although they could be left in the freezer for several weeks.



Cranberry orange ice cream pie is a popular dessert at the Toll House, Whitman, Mass. (see picture on facing page) The cranberry-orange relish, being prepared above, is a basic ingredient.

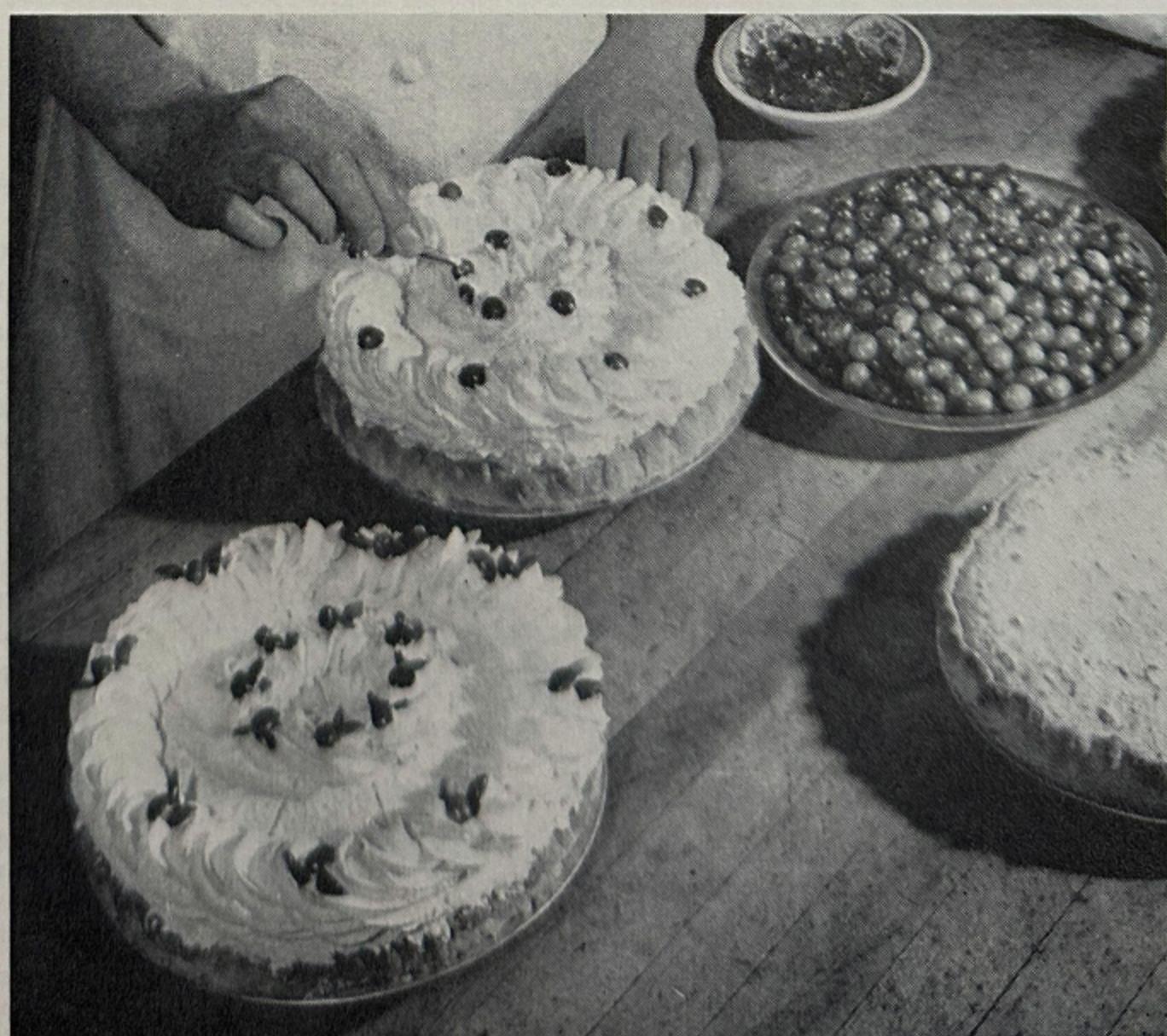


The cranberry-orange relish is blended with soft vanilla ice cream and the baked pie shells are filled with the mixture. The cranberry orange ice cream pies are now ready to be frozen.



Before serving, the pies are removed from the freezer, unwrapped, and allowed to stand a few minutes for the ice cream to soften slightly. They are then topped with sweetened and flavored whipped cream.

After the cranberry orange ice cream pie has been topped with the sweetened and flavored whipped cream, it is ready to be decorated and served. Indentations are now made in the whipped cream to indicate where the pie should be cut. The decorations are then completed. A swirl of whipped cream is placed around the edge and in the center. Halves of cranberries and green maraschino cherries placed in flowerlike arrangement add the color touches.





The Fairy Princess, a showmanship dessert served at the Kahler Hotel in Rochester, Minn., was adapted from an old German recipe. A cross-section at left shows the contents of the crown-topped ice cream mold.

Ice Cream Recipes

Fairy Princess, Kahler

Kahler Hotel, The Kahler Corporation, Rochester, Minn.
(See color photo above)

"We have adapted this recipe from an old German one. It is novel, interesting, delicious and extremely popular with our clientele. The crown is fitted to the ice cream mold, and appropriately decorated. Patrons never fail to comment on the attractive appearance of this dessert and its good eating."

1. ICE CREAM MOLD

Yield: 1, 8-ounce mold

Ingredients	Weight	Measure or Count
VANILLA ICE CREAM	4 oz.	
STRAWBERRY ICE CREAM	4 oz.	

Method

Add vegetable coloring to vanilla ice cream to obtain the shade desired—or have the ice cream company do so.

Spread 4 oz. vanilla ice cream evenly on the inside of an individual ice cream mold or bouillon cup. Leave a hollowed dome in the center.

Pack 4 oz. strawberry ice cream (or any desired flavor and color) into this hollow.

Place in sharp freezer (0°F. to -5°F.) for a minimum of 2 hours.

2. CROWNS FOR TOPPING ICE CREAM MOLDS

Yield: 200 approximately

Ingredients	Weight	Measure or Count
MILK	10 oz.	
LARD	12 oz.	
BREAD FLOUR	12 oz.	
EGGS	1 lb.	9

Method

Place milk and lard in small steam-jacketed kettle and bring to boiling point.

Gradually blend in the flour.

As soon as the mixture thickens and no longer adheres to the sides of the kettle, remove and place in bowl of power mixer.

Add eggs one at a time, beating between each addition. (The method is similar to that of cream puffs).

To make the crown, use as a mold the outer dome of the individual ice cream mold or bouillon cup.

Force the mixture through a pastry tube to make an inverted crown having prongs pointing downward. Begin by making a complete circle. Join with crown points.

Place in a 350°F. oven, and bake 30 to 35 minutes. Cool.

3. TO ASSEMBLE DESSERT

Remove about 6 molds from sharp freezer at one time. Dip molds in hot water for a few seconds—no longer. Tap each mold gently to remove ice cream.

Place ice cream molds on a wide base. Set crown, with prongs pointing upward, on top of mold.

Using a pastry tube, fill section inside crown with whipped cream.

Top with appropriate decoration cut from marzipan. Scallop edge beneath crown with whipped cream.

Decorate sides with chocolate hearts.

Return to sharp freezer (0°F. to -5°F.).

Note: This dessert may be made well in advance of serving and held in the sharp freezer until needed.

How Kahler Hotel Achieves Showmanship with Ice Cream Dessert Replicas

In 1954, The Kahler Corporation, celebrating the expansion of their hotel facilities, drew on their imagination to put showmanship in action when serving Fairy Princess Ice Cream at the banquet of the Minnesota State Restaurant Association.

The hotel had two large replicas of this dessert made out of molded fibrous glass. Each model was hollow, 4 ft high by 4 ft in diameter, and was hinged so as to open from the interior to the exterior.

Cleverly painted the replicas were exact models of the original German dessert.

At serving time, twin waitresses, small, young, attractive and attired in formal dress, were hidden in these replicas which were mounted on standard room-service tables.

As the tables were wheeled into the banquet hall, the lights were extinguished, and spotlights turned on. When the tables were brought to a halt, each twin unhinged the opening and popped out amid a barrage of "steam" provided by 5-pound carbon dioxide fire extinguishers. The twins then proceeded to serve the head table the Fairy Princess desserts which were also concealed in the large dessert models. The guests were delighted and the desserts were delicious.

Ice Cream Crepes Surprise

The Houston Club, Houston

"This is a delightful dessert for a very special party, and is not too difficult to serve, as the main part of it can be made in advance and kept in the freezer."

No. Portions: 50

Size of Portion: 2 crepes surprise

Ingredients	Weight	Measure or Count
1. FLOUR, PASTRY, SIFTED TWICE	1 lb.	
POWDERED SUGAR, SIFTED	4 oz.	7/8 cup
BUTTER, MELTED	4 oz.	1/2 cup
EGGS		10
MILK		1 pt.
SALT		Few grains
GRAND MARNIER		3 oz.
DARK RUM		5 oz.
VANILLA		1 tbsp.
2. STRAWBERRY ICE CREAM		3 qt.
3. CREPES SAUCE		
BUTTER	3 lb.	
SUGAR	4 lb.	
ORANGE JUICE		1 1/2 gal.
LEMON JUICE		1 1/2 qt.
GRAND MARNIER	16 oz.	
KIRSCH	8 oz.	
BRANDY	26 oz.	

1. Combine sifted flour and powdered sugar. Beat eggs. Add milk, and a pinch of salt.

Gradually beat the dry ingredients into the milk-egg mixture;

add butter and flavorings. (Batter should be thin. If necessary thin batter with additional rum or milk).

Cook crepes on hot griddle. Have them very thin, and about 7 in. in diameter. When lightly browned on one side, turn and brown other side. Remove; dust with powdered sugar.

Place 2 oz. strawberry ice cream on each crepe and roll up.

Place in freezer. When frozen, freezer-wrap until ready for use.

2. Cook together the butter, sugar and fruit juices until syrup is clear. Add one-half of the liqueurs, and simmer slowly until sauce becomes syrupy—approximately 15-20 minutes.

At serving time, add the remaining liqueurs and brandy, and flambée at last minute.

To flambée, tilt pan to flame so that sauce catches fire. Serve sauce generously over crepes.

Georgian Room Lime Sherbet

The T. Eaton Co. Ltd., Toronto, Canada

"The gallons listed in the following recipe are imperial gallons. One imperial gallon contains 160 oz."

Yield: 5 Imperial gallons.

Ingredients	Weight	Measure or Count
LIME JUICE		3/4 gal. (120 fluid oz.)
SUGAR	16 lb.	
FRUIT ACID	8 oz.	
EGG WHITES	18 oz.	1 pt.
WATER		4 gal.
GUM TEXTURE	2 oz.	
CAFETERIA MIX		1 qt. (40 fluid oz.)

Method

Follow general directions for making ice cream as outlined on page 6.

Snow Princess

Scruggs Vandervoort Barney, St. Louis

(See page 1 for color photo)

"Children adore the Snow Princess, and we particularly like it as it is prepared to order, and the ingredients are always on hand. An actual head and bust of a china doll, about 1 3/4 inches high, is used."

No. of Portions: 1

Ingredients	Weight	Measure or Count
SUGAR COOKIE	1	
VANILLA ICE CREAM	1 No. 16 scoop	
DOLL'S HEAD	1	
WHIPPED CREAM	1/3 cup	
SILVER DRAGEES	1 tsp.	

Method

Place the sugar cookie on the serving plate.

Place scoop of ice cream on cookie.

Press sterilized doll's head into top of ice cream.

With pastry bag and tube pipe four rows of whipped cream on to the ice cream from the base of the doll's head to the plate, leaving equal space between the rows.

At base of ice cream, fill in four open spaces between rows with whipped cream.

With teaspoon, scatter silver dragees over whipped cream.

Orange Surprise Alaska

Mayfair Farms, West Orange, N. J.

(See photo above)

"This is one of our favorite desserts for special dinner parties or for banquets. Our guests are intrigued by it. The combination of the delicate golden meringue atop the brilliant orange color of the fruit strikes a note that adds glamor to the festive occasion."

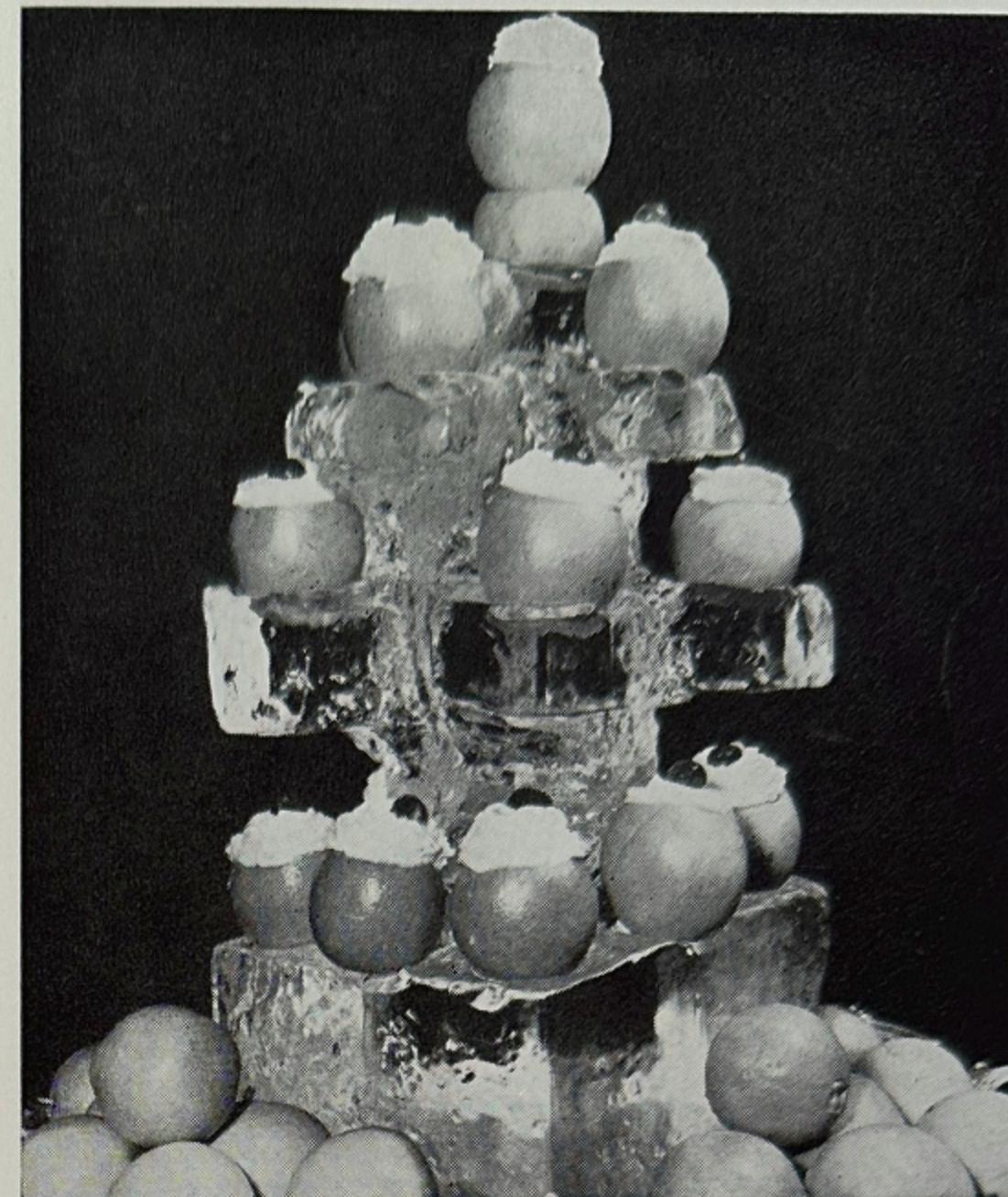
Method

With a sharp knife cut each orange one-third of the way down from the top in a zigzag line making 6 points or simply cut a slice off the top of the orange.

Scoop out pulp and white membrane with sharp knife and a spoon. Fill cavity with orange sherbet. Place in freezer overnight.

When ready to use, pile soft meringue on top of orange and if orange is cut in points, down into each scallop. Be careful to see that each scallop is well filled and cover all sherbert with the meringue.

Place oranges on baking sheet. Bake in a very hot oven, 450°-500°F., or pop under hot broiler, 2 to 3 minutes until



meringue is a delicate golden color. Serve immediately.

To serve Orange Surprises dramatically, arrange them on the branches of a tree carved out of ice. Then place tree on serving table in dining-room, and serve desserts from it. Or arrange 8 to 12 Orange Surprises on a silver tray, and pass them.

Note: Nothing smaller than a 150 size orange should be used.

Omelette Surprise Jubilee

The Homestead, Hot Springs, Va.

Method

1. Place an oval-shaped sponge cake, 12 in. long by 3 in. wide by 1 in. deep, on serving dish.

2. Cut from the center a rectangular-shaped piece, 4 in. long by 3 in. wide.

3. Place in this rectangular space a piece of stale sandwich bread, 4 in. long by 3 in. wide by 5 in. deep.

4. Set a souffle dish on top of the bread.

5. Place vanilla ice cream on one side, and strawberry ice cream on the other side, and mold both toward the center in the form of a dome.

6. Mask all around with an omelette souffle mixture, covering the sides of the souffle dish but leaving the top uncovered.

7. Decorate as you would for baked alaska.

8. Dredge with sugar and bake in a hot oven 450°-500°F. until delicately browned.

9. Remove from oven and fill souffle dish three-fourths full of cherry jubilee.

10. Pour a small amount of kirsch over the cherries.

11. Ignite and serve at once.

OMELETTE SOUFFLE MIXTURE

Ingredients	Weight	Measure or Count
EGGS	2	
SUGAR	4 oz.	1/2 cup
CORNSTARCH	1 tsp.	
VANILLA	1/2 oz.	1 tbsp.

Combine sugar and cornstarch, and add with vanilla to beaten egg yolks. Beat until thick and lemon-colored.

Fold in the stiffly-beaten egg whites.

CHERRY JUBILEE

Ingredients	Weight	Measure or Count
BLACK CHERRIES, CANNED, NO. 3	1	
CORNSTARCH	1 oz.	1 1/2 tbsp.
SUGAR		To sweeten

Drain juice from cherries. Sweeten to taste.

Add the cornstarch mixed with some cold fruit juice.

Cook slowly until transparent, and of a thickened consistency.

Add cherries. Serve hot.

More Ice Cream Recipes



Orange-Chiffon Mary Ann—Tutti-Frutti Baked Alaskas

University of Hawaii, Honolulu

"We have served these delicious individual Baked Alaskas with great success at banquets for 100 persons. They are interesting in appearance as well as in flavor and texture. They always bring forth exclamations of 'happy eating'." Elsie Boatman, Director of Food Service.

No. of Portions: 24

Ingredients	Weight	Measure or Count
1. ORANGE-CHIFFON MARY ANN CAKES	24	
TUTTI-FRUTTI ICE CREAM	3 qt.	
2. MERINGUE		
EGG WHITES	1 lb.	16
SALT		1 tsp.
SUGAR	1 lb. 7 oz.	3 cups
CURACAO OR COINTREAU		1/2 cup
3. CASHEW NUTS, CHOPPED		3 cups
COCONUT, CHOPPED		3 cups

Method

Place each Mary Ann cake on a paper lace doilie, and fill with a No. 16 scoop of tutti-frutti ice cream. Place in freezer.

Follow general directions for making soft meringue.

Add the liqueur at the end of the beating period being sure that it is thoroughly blended into the meringue.

Frost each Mary Ann with thick swirls of the meringue.

Sprinkle generously with chopped nuts and coconut.

Place meringue-covered Mary Annes in a 450°-500°F. oven until golden—5 to 8 minutes.

Remove from oven to serving plates, and serve at once.

Note: Spumoni may be substituted for the tutti-frutti ice cream, if desired.

Mrs. Boatman lists the following ice cream desserts as special party favorites at the University of Hawaii.

Meringue Shells

Place an individual meringue shell on a lace doilie on serving plate. Fill with 3 No. 40 scoops of ice cream—one tutti-frutti (pale pink); another pistachio (pale green), and the third lemon custard (pale yellow). Decorate center with a rosette of whipped cream. Or for similar effect, roll vanilla ice cream in fresh coconut of three different pastel tints.

Pineapple Creme de Menthe Sherbet

Dish pineapple sherbet ahead of time, and place in freezer. Just before serving, pour 1 tbsp. creme de menthe or grenadine syrup over the sherbet. Top with fresh grated coconut.

Vanilla Ice Cream with Creme de Cacao

Pour 1 tbsp. creme de cacao over a scoop of vanilla ice cream in serving dish. Top with freshly grated coconut.

Pecan Ice Cream Balls

Roll No. 12 scoop of vanilla ice cream in chopped pecans and serve with chocolate or butterscotch sauce. Or, roll ice cream in plain or toasted coconut and serve with fresh or frozen strawberries.

Green Creme de Menthe Parfait

Mayfair Farms, West Orange, N. J.

(See photo on page 7)

"A parfait takes on a party air when served with creme de menthe."

Method

Put a small amount of green creme de menthe in bottom of parfait glass. Half-fill glass with vanilla ice cream.

Depress hole in center of ice cream with a 1/2 in. dowel. Fill hole with 3/4 oz. green creme de menthe. Top with more ice cream.

As the ice cream is depressed into the glass, the creme de menthe spreads out to make an attractive pattern.

Top with a rosette of whipped cream flavored with a few drops of creme de menthe.

Garnish with green maraschino or red bing cherry or gumdrop.

Note: This dessert may be made early and put in freezer.

Houston Club Ice Cream Cake

Houston Club, Houston

(See color picture on page 1)

This dessert is built on a standard white sponge cake and yellow sponge cake, each 9 in. in diameter. The procedure is as follows:

1ST LAYER (BOTTOM)	yellow sponge cake
2ND LAYER	pistachio ice cream
3RD LAYER	white sponge cake
4TH LAYER	chocolate ice cream
5TH LAYER	white sponge cake
6TH LAYER	strawberry ice cream
7TH LAYER	yellow sponge cake

Cover entire cake with soft meringue.

Decorate with pastry tube and cherries.

Brown in a very hot oven (500°F.) or pop under broiler.

Serve with strawberry sauce.

Note: If desired, this item may be flamed using strawberry sauce and brandy.

Fudge-Pecan Ice Cream Cake Roll

The White Chimney, Joliet, Ill.

No. of Portions: 16

Size of Portion: No. 16 scoop

Ingredients	Weight	Measure or Count
CAKE CRUMBS, FINE	1 cup	
SHREDDED COCONUT, TOASTED	1 cup	
GRAHAM CRACKER CRUMBS, FINE	1 cup	
PECAN NUTS, CHOPPED	1 cup	
ICE CREAM	1 cup	
WHIPPED CREAM	2 qt.	
	1 1/2 cups	

Method

Combine first four ingredients.

Roll each No. 16 scoop of ice cream in crumbs.

Place ice cream ball on dessert dish. Cover with fudge sauce, hot or cold.

Top with whipped cream. Sprinkle with chopped pecans.

Note: The crumbs may be prepared and kept on hand, and the ice cream balls prepared as ordered.

Mocha Ice Cream Meringue Pie with Graham Cracker Crust

The Wurzburg Company of Grand Rapids, Mich.

Yield: 6 9-in. pies

Holding Temperature: Zero

No. of Portions: 48

Size of Portion: 1/8 of pie

Ingredients	Weight	Measure or Count
1. CRUST		
GRAHAM CRACKERS, CRUSHED	2 lb.	1 1/2 cups
BUTTER	12 oz.	1 1/2 cups
SUGAR	12 oz.	1 1/2 cups
2. FILLING		
COFFEE ICE CREAM		1 1/2 gal.
3. MERINGUE		
EGG WHITES	3 lb.	1 1/2 qt.
SUGAR	3 lb.	6 1/3 cups

Method

1. Crush graham crackers very fine. Combine with melted

butter and sugar.

Pat firmly with hand against the sides and bottom of pie tin to form a shell. Chill approximately 1 hour in refrigerator.

2. Fill pastry shell with semi-soft coffee ice cream.

Cover immediately and completely with meringue.

Pile meringue high in swirls. Brown under broiler or in very hot oven (500°F.) as for Baked Alaska.

Note: This dessert is made in advance, stored in the sharp freezer at zero until almost ready to serve. Sweet chocolate curls are sprinkled over the meringue when the pie is served. (Almost any flavor ice cream may be substituted for coffee.)

Strawberry Ice Cream Shortcake

Kaase's, Akron, Ohio

Method

Roll rich short cake dough into rounds $\frac{1}{2}$ -in. thick and cut into $2\frac{1}{2}$ -in. rounds.

Bake in a 450°F. oven 12-15 minutes.

Split biscuits while hot and butter well. Keep warm.

Place the warm biscuit half in a footed sundae glass with a wide rim.

Spoon a liberal amount of crushed sugared fresh or frozen strawberries over the biscuit half.

Top with a No. 16 scoop of ice cream. Add 2 tbsp. crushed berries. Add a generous amount of whipped cream.

Top with strawberry halves.

Garnish top with a whole strawberry.

Note: Serving this dessert in a footed glass dish greatly enhances its appearance.

Butterfudge Sauce

Miller & Paine Inc., Lincoln, Neb.

Yield: $1\frac{1}{2}$ qt.

No. Portions: 24

Size of Portion: $\frac{1}{4}$ cup

Ingredients

MILK CHOCOLATE FUDGE SAUCE

Weight

1 qt.

1 qt.

SIMPLE SYRUP

$\frac{1}{2}$ cup

PEANUT BUTTER, CRUNCH

14 oz.

$1\frac{1}{2}$ cups

Method

Mix all ingredients together in electric mixer.

Serve sauce hot or cold on vanilla or mocha ice cream.

Note: The dessert may then be called Butterfudge Crunch or Candy Bar Sundae.



Baked Pineapple, Antarctic

Normandy Farm, Rockville, Md.

No. of Portions: 2

Method

Cut a medium-sized, green-leaved pineapple lengthwise. Scoop out the pineapple meat, and cut it in chunks.

Soak an oval piece of sponge cake in kirschenwasser, and place in the hollow of the scooped-out pineapple shell.

Top with vanilla ice cream and pineapple chunks.

Roof all with soft meringue flavored with vanilla extract.

Be sure that the edges of the fruit are well sealed with meringue. Pop under broiler until meringue is a delicate brown.

Serve immediately on a bed of crushed ice.



Rainbow Blossom Ice Cream with Pecan Shortbread

University of Hawaii, Honolulu

Method

To shortbread dough add chopped pecans.

Roll dough $\frac{1}{4}$ in. thick. Cut in rounds with a 2-in. crinkly cookie cutter.

Bake in a 350°F. oven 15 minutes or until delicately browned. Cool. Line tray with waxed paper.

Place 3 cookies, shamrock fashion, on tray for each individual serving.

With pastry tip, pipe whipped cream around edge of each cookie. Place in sharp freezer. When cream is frozen, place a No. 20 scoop of ice cream of a different color and flavor on each cookie, such as peach ice cream or orange sherbet; strawberry ice cream or cranberry sherbet, and pistachio or green mint ice cream. Again place in sharp freezer.

Before serving, pipe whipped cream in empty spaces between the different ice creams.

Cover with freshly grated coconut. Top with a rosette of whipped cream.

Georgian Room Butterscotch Sauce

The T. Eaton Co., Ltd., Toronto, Canada

Yield: 1 gal. (imperial, 160 oz.)

Ingredients

BROWN SUGAR

Weight

4 lb.

GLUCOSE

Measure or Count

2 lb. 14 oz.

BUTTER

1 lb.

CREAM 40%

1 qt.

SALT

4 tsp.

VANILLA

2 tsp.

Method

Melt butter and glucose, stirring occasionally.

Stir in brown sugar and salt.

Cook to 232°F., bringing the temperature up as quickly as possible.

Remove from heat. Cool to 120°F.

Add vanilla. Stir in the cream.

Fudge Sauce for Ice Cream

Jessie Alice Cline, Parkway Restaurant, Chicago

Yield: 2 qt.

Ingredients

BUTTER OR MARGARINE

Weight

8 oz.

1 cup

POWDERED SUGAR

$5\frac{1}{2}$ cups

EVAPORATED MILK, 13 OZ. CANS

2

BITTER CHOCOLATE

1 lb.

SALT

$\frac{1}{4}$ tsp.

VANILLA

2 tsp.

Method

Put all ingredients, except the vanilla, in small steam-jacketed kettle or double boiler.

Cook 20 minutes in steam-jacketed kettle, 30 minutes in double boiler.

Stir frequently.

Remove from heat and cool.

Beat in the vanilla.

Serve lukewarm—not hot.

More Ice Cream Recipes



Strawberry Tartlet Princess

Normandy Farm, Rockville, Md.

Using the following recipe for Short Crust, prepare and bake tartlets. Cool. Fill each shell with a scoop of vanilla ice cream. Garnish with fresh strawberries cut in halves. Coat with Mousse Benedictine. Top with a whole strawberry crowned with mint leaves.

SHORT CRUST

No. of Portions: 12 tartlets

Ingredients	Weight	Measure or Count
BREAD FLOUR	1 lb.	
BUTTER	12 oz.	1½ cups
SUGAR	1 oz.	2 tbsp.
SALT		¼ tsp.
EGG		1
WATER		1 cup (approx.)

Method

Cut shortening into flour. Make a well in the center. Add sugar, salt, egg and water. Mix and knead a few minutes. Cover and refrigerate 8 hours. Roll dough as for pie crust. Cut in rounds and shape in tartlet shells. Bake in a 400°F. oven 12 to 15 minutes, or until a golden brown.

MOUSSE BENEDICTINE

Yield: For 12 tartlets

Ingredients	Weight	Measure or Count
EGG YOLKS	4	
CONFECIONER'S SUGAR	1 cup	
WHIPPED CREAM	1 pt.	
BENEDICTINE	3 oz.	

Method

Beat egg yolks. Add sugar and continue beating for 5 minutes. Fold in whipped cream. Add the benedictine.

Fresh Coconut Snowball, Candle Bright

Kaase's, Akron, Ohio

"We use this dessert on our candlelight Christmas Eve dinner. It is very effective, and popular with our guests."

Method

Roll a No. 16 scoop of vanilla or pistachio ice cream in long-shredded, fresh coconut, completely covering the ice cream.

On a 6-in. glass plate, place about 4 tablespoons crushed and sweetened fresh or frozen strawberries.

Place the coconut ball of ice cream in the center of the plate. Stick a small red candle in the top of the ice cream.

Place a small sprig of holly at the base of the candle. Bring the dessert to the table with the candle lighted.

Meringue Shells with Peppermint Ice Cream and Crushed Strawberries

The White Chimney, Joliet, Ill.

No. of Portions: 36

Ingredients	Weight	Measure or Count
I. MERINGUES		
EGG WHITES	6 oz.	¾ cup (6)
SALT		½ tsp.
CREAM OF TARTAR		1 tsp.
GRANULATED SUGAR, SIFTED		2 cups
LEMON EXTRACT		1 tsp.
VINEGAR, WHITE		1 tbsp.
II. ICE CREAM, PEPPERMINT FROZEN OR FRESH STRAWBERRIES	36 oz.	3½ qt.

Method

Add salt and cream of tartar to egg whites and beat until mixture will stand in moist (not dry) peaks.

Slowly beat in 1 cup sugar.

Add lemon extract and vinegar. Gradually add remaining cup of sugar. Beat mixture until stiff and glossy.

Line baking sheet with buttered unglazed brown paper.

Shape with spoon or pastry bag into mounds indented in center.

Have meringues about 2 in. apart on brown paper. Bake in a slow oven, 200°-250° F., approximately 1 to 1½ hours. Cool. Remove with broad spatula.

Place a No. 20 scoop of peppermint ice cream in the center of each meringue.

Pour over 1 oz. crushed fresh or frozen strawberries sweetened to taste.

Top with 1 tbsp. unflavored whipped cream

Chocolate Sundae or Parfait

Southern Methodist University, Dallas

(See color photo on page 1)

Method

Place a No. 20 scoop of vanilla ice cream in the bottom of a sundae or parfait glass.

Add 1½ tbsp. thick chocolate sauce.

Top with another No. 20 scoop vanilla ice cream. Press down lightly. Add 1½ tbsp. thick chocolate sauce.

Top with whipped cream.

Garnish with chopped nuts or a maraschino cherry.



Pastry Chef Jung's Fancy Meringue Melba

Cosmopolitan Hotel, Denver, Col.

"This is an interesting and delicious dessert prepared for two persons. It is divided and served at the guest's table—not on the side."

No. of Portions: 2

Method

Use a meringue shell 4 in. in diameter and 2 in. deep from outer edge to base. The center should be indented. Place two scoops of ice cream of different flavor and color in the center of the meringue—or use one scoop of ice cream and one of sherbet.

Garnish with 6 fresh or preserved peach sections placed in upright position. Pipe whipped cream between peach sections.

Dribble a small amount of melba sauce over the dessert.

Decorate with a rosette of whipped cream and a red maraschino cherry with stem.

Serve a generous amount of melba sauce from an attractive

goose-neck on the side.

Note: For an individual serving, use a smaller meringue and one scoop of ice cream. It is advisable to mix two or more flavors, rainbow-style, in the scoop to maintain the color contrast and attractive appearance.

Ice Cream Sponge Roll

Jos. Horne Co., Pittsburgh

No. Portions: 1 sheet sponge cake, 18 x 12 in. gives 18, $\frac{3}{4}$ in. slices or 22, $\frac{1}{2}$ in. slices.

Ingredients	Weight	Measure or Count
SPONGE SHEET CAKE, 18 x 12 IN.	1	
VANILLA ICE CREAM, NO. 12 SCOOPS	10	

1. Method

Whenever cake is removed from oven, cut off crisp edge. Cool slightly. (It will be difficult to roll if cake is too cool.)

Place ice cream on cake and let soften just enough to spread evenly. Roll sponge cake the long way.

Cover and place in freezer overnight.

2. Service

Cut the firm ice cream roll into $\frac{3}{4}$ -in. slices. Place each slice on a dessert plate.

Garnish with a star of whipped cream in the center, and two smaller stars at each side.

Serve with a 2 oz. pitcher of hot fudge or hot butterscotch sauce on the side.

Sponge Cake for Ice Cream Sponge Roll

Jos. Horne Co., Pittsburgh, Pa.

Yield: 7 lb. or 4 bake sheet pans, 18 x 12 in. plus 2 cake pans, 8 x 8 in. Cooking Temperature: 375°F. Cooking Time: 15 minutes.

Ingredients	Weight	Measure or Count
FROZEN EGG YOLKS	12 oz.	1 $\frac{1}{2}$ cups
GRANULATED SUGAR	2 lb. 14 oz.	6 $\frac{1}{8}$ cups
WATER		1 $\frac{1}{2}$ cups
CAKE FLOUR	1 lb. 10 oz.	
BAKING POWDER	1 oz.	2 $\frac{2}{3}$ tbsp.
SALT		1 $\frac{1}{2}$ tsp.
VANILLA		1 $\frac{1}{2}$ tbsp.
FROZEN EGG WHITES	1 lb. 8 oz.	3 cups

Method

Beat egg yolks. Add sugar gradually, then the water and sifted flour.

Beat egg whites until stiff but not dry.

Add baking powder, salt and vanilla.

Fold egg whites into flour mixture.

Scale into 2 greased and lined baking sheets, 18 x 12 in. and into 2 greased and lined cake pans, 8 x 8 in.

Allow 1 $\frac{1}{2}$ lb. batter for each bake sheet and 8 oz. for each cake pan.

Bake in a 375°F. oven 15 minutes or until done.

Note: Each 18 x 12 in. sponge cake yields 1 large ice cream roll or 2 small ones.

Chocolate-Coconut-Peppermint Ice Cream Pie

University of Hawaii, Honolulu

Yield: 3 9-in. pies

No. of Servings: 24

Ingredients	Weight	Measure or Count
SEMI-SWEET CHOCOLATE	6 oz.	
BUTTER		6 tbsp.
MILK, HOT		3 tbsp.
POWDERED SUGAR, SIFTED		1 cup
COCONUT, TOASTED		1 $\frac{1}{2}$ qt.
PEPPERMINT STICK ICE CREAM		3 qt.

Method

Melt chocolate and butter in top of double boiler.

Add hot milk and powdered sugar.

Stir until well blended.

Remove from heat. Add coconut and mix thoroughly.

Oil well three 9-in. pie plates.

Spread chocolate-coconut mixture over bottom and sides of pan.

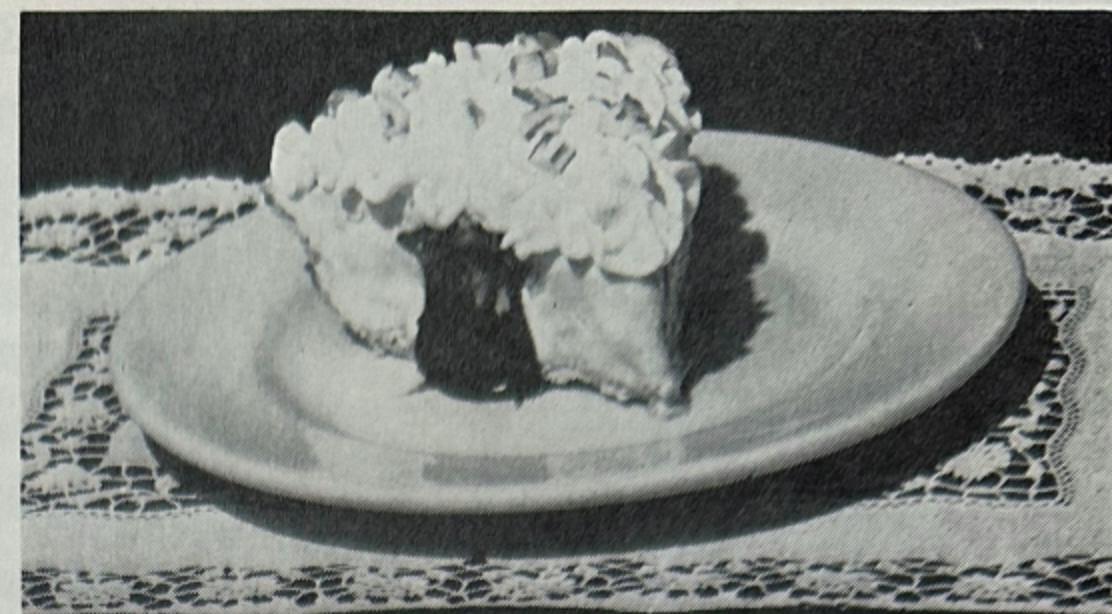
Chill until firm.

Fill shell with peppermint stick ice cream.

Garnish with chocolate curls.

Freeze until serving time.

Note: Do not grease pie pan with butter or margarine as these cause the mixture to harden on to the pan, making it impossible to remove pie shell in one piece.



Peppermint Ice Cream Pie

Scruggs Vandervoort Barney, St. Louis

Yield: 1 9-in. pie. No. of Portions: 6. Size of Portion: $\frac{1}{6}$ of pie.

Ingredients	Weight	Measure or Count
BAKED PIE SHELL	1	
PEPPERMINT ICE CREAM	1 $\frac{1}{2}$ qt.	
FUDGE TOPPING, COLD	9 tbsp.	
WHIPPED CREAM	3 cups	
PEPPERMINT STICK CANDY, CRUSHED	$\frac{1}{4}$ cup	

Method

Cool baked pie shell in tin.

Fill with ice cream. Allow ice cream to soften so that it can be pressed evenly into pastry shell.

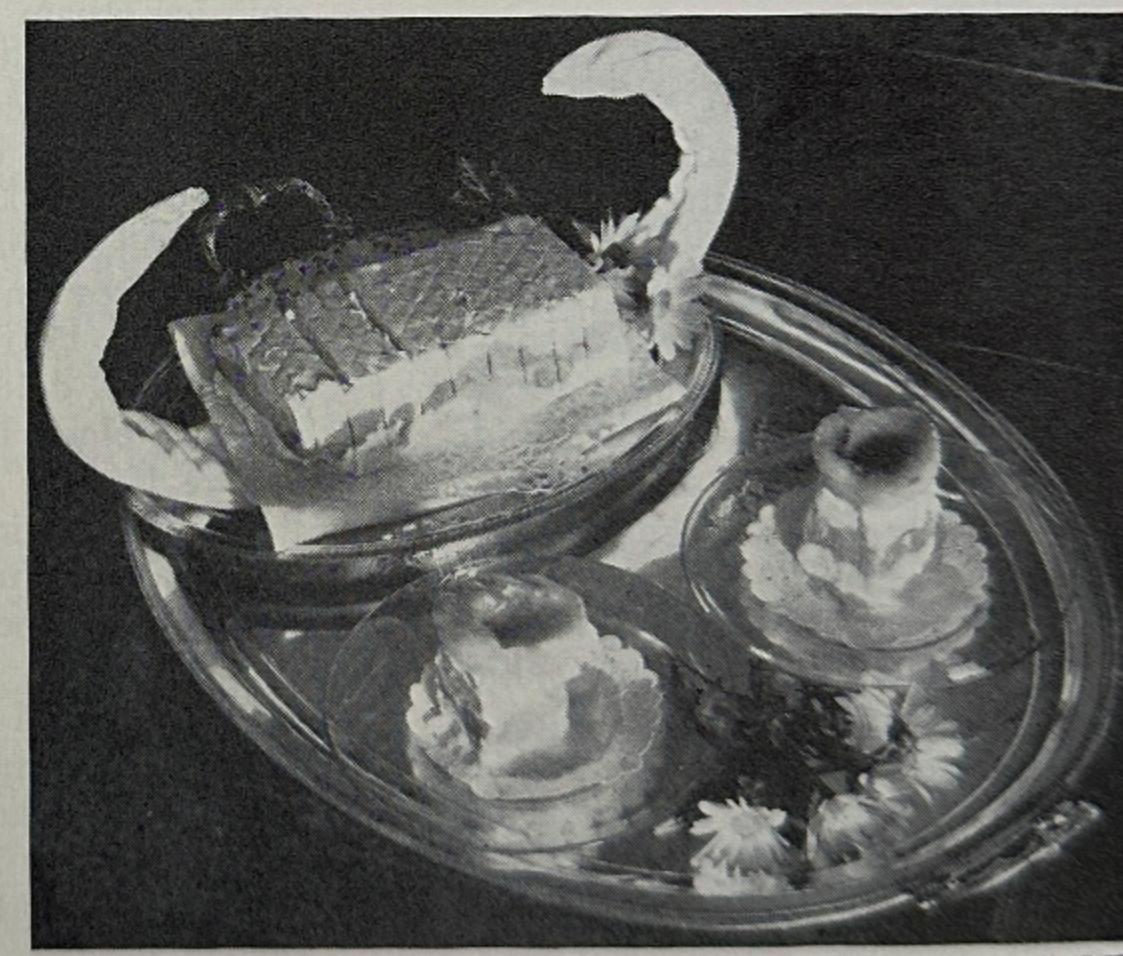
Cut into 6 servings.

Store in ice cream cabinet or sharp freezer until ready to use.

To serve, place $\frac{1}{6}$ of pie on serving plate. Cover with 1 oz. cold fudge topping.

With pastry bag and tube cover pie with whipped cream. Sprinkle crushed peppermint candy over the whipped cream.

Note: The chocolate fudge topping must be thick and cold when served with this peppermint ice cream pie.



Ice Cream Loaf Flambé Ninon

Water Gate Inn, Washington, D. C.

Method

Coat the bottom of an oblong cake mold with a 1 in. layer of raspberry ice.

Dot with small cubes of sponge cake previously soaked in Grand Marnier.

Cover with a 1-in. layer of vanilla ice cream.

Dot with sponge cake cubes as above.

Add a 1-in. layer of pistachio ice cream. Level mold and cover.

Place mold in sharp freezer for approximately 6 hours.

When ready to serve, remove loaf from mold by first dipping it in warm water for a moment.

Cut loaf in 1-in. slices, and place on dessert plates.

Top each slice with one-half cling peach stuck with slivers of toasted almonds.

Fill the cavity of each peach with brandy slightly heated. Ignite brandy and serve immediately.

FROM THE NOTEBOOKS OF THE EXPERIENCED

1. Apportion in advance individual servings of ice cream desserts that lend themselves to this treatment. Keep in freezer until needed. This system gives good portion control as the dishing up is done when employees are not under the pressure of a busy meal hour.

2. To make a snowball dessert that never fails to appeal, roll a scoop of ice cream in coconut and serve on fruit, chocolate or caramel sauce in a flat, low glass or china dish. The coconut may be white or tinted.

To tint the coconut, place it in bowl of electric mixer. Dilute a small amount of food coloring in water or milk. Flavor this liquid if desired, then sprinkle it over the coconut. Turn mixer to low speed, and mix until the color is evenly distributed, and coconut is of the desired pastel shade.

For an orange coloring, use grated orange rind in the proportion of 2 tbsp. rind to 1 qt. coconut. For a yellowish-green tint, use grated lime rind in the same proportion.

For a rainbow effect, divide the coconut into 3 parts. Tint one green, one pink, and the other yellow. Toss all together.

For the snowball dessert, coconut may be omitted, and in its place one of the following substituted: finely chopped nuts, crumbled rice cereal, crushed macaroons, crumbled dried chocolate cake or spice cake or chocolate shot. Almost any flavor of ice cream may be used.

3. To make a banana split, place a banana that is split lengthwise in a banana split dish. Place a No. 20 scoop of vanilla ice cream on the lower quarter of the banana half at one end, and a No. 20 scoop of strawberry ice cream on the lower quarter at the other end. Pour a ladle of crushed strawberries over the strawberry ice cream, and a ladle of crushed pineapple or chocolate sauce over the vanilla ice cream. Sprinkle each mound with crushed nuts. Place a spoonful of whipped cream between the mounds. Top whipped cream with a whole red maraschino cherry. (Different combinations of ice cream and sauces may be used, if desired).

4. For a banana royal, arrange No. 20 scoops of vanilla, chocolate

and strawberry ice cream on a serving dish. Top with matching syrups. Place a generous serving of whipped cream on top of the ice cream. Quarter a banana and arrange pieces upright against the ice cream. Sprinkle top with chopped nuts. Decorate with a cherry. For a more de luxe royal garnish use unhulled fresh strawberries, or bing cherries on stem.

5. For variety in ice cream desserts serve doughnut supreme. Place doughnut on glass serving plate. Top with a No. 20 scoop of ice cream. Pour over chocolate, butterscotch or marshmallow sauce. Garnish with whipped cream and cover with toasted almonds. (A slice of pineapple may be substituted for the doughnut).

6. For a chocolate malt sundae, place a No. 16 scoop of ice cream in a sundae dish, add 1½ oz. chocolate syrup; sprinkle with 1½ tsp. malted milk, and 1 tsp. chopped black walnuts. Top with a rosette of whipped cream.

7. For a marshmallow mint sundae, place a serving of pistachio ice cream in a sundae glass. Top with mint-flavored marshmallow sauce colored green. Top with a rosette of whipped cream colored green. Decorate with one-half green maraschino cherry. This makes an appropriate dessert for St. Patrick's Day.

8. For a delicious combination sundae, place butterscotch sauce in the bottom of a sundae dish, top with soft ice cream and add hot chocolate fudge sauce. Sprinkle with chopped nuts.

9. Use hot maple syrup or maple-flavored syrup, or thawed orange concentrate to drizzle over vanilla ice cream. Preserved ginger syrup may be used in a similar manner, and the chopped preserved ginger used as a garnish.

10. Sprinkle crushed peppermint stick candy over chocolate sauce topping a mound of ice cream. Peanut brittle may be used in the same manner to top the sauce used with coffee, vanilla, or pistachio ice cream.

11. For a crunchy topping to sprinkle over hot fudge, caramel or butterscotch sauce on ice cream, melt ½ cup butter or margarine in skillet. Add 1 cup light brown sugar combined with 6 tbsp. flour. Cook over low heat 3 minutes or until the sugar is melted and almost bubbly. Then

stir in 1 qt. corn flakes or 40 per cent bran flakes. Blend well to coat each flake with the sugar mixture. Cook 2-3 minutes. Chill and crumble. Makes 1 qt.

12. Serve chocolate peppermint sauce over a mound of vanilla ice cream. Dress up with a chocolate or green peppermint patty placed on top the mound in cartwheel fashion, or in a similar manner circle 3 mints around the center of the mold.

13. Add crushed peanut brittle, chocolate caramel candy or butter crunch broken into very fine pieces to the whipped cream used to decorate a sundae.

14. Combine flavors, especially fruit flavors, to lend added interest to the ice cream dessert. If desired, one flavor may be predominant, the other complementary. For example—

(a). Top a slice of pineapple with a mound of vanilla ice cream. Spoon green gage preserve over ice cream. Top with slivered toasted almonds.

(b). Top one-half canned pear with scoop of strawberry ice cream. Pour minted pineapple sauce over it.

(c). Serve peach ice cream with raspberry sauce.

(d). Use a tiny bunch of frosted grapes to garnish lemon or raspberry ice.

(e). Garnish fudge sundae with candied ginger or grated orange rind. Or use crystallized ginger, finely shaved, to garnish lemon or orange sherbet.

(f). Blend crunchy peanut butter with honey, and spoon over chocolate or vanilla ice cream.

(g). Spoon rum-butter sauce over coffee, vanilla or chocolate ice cream.

(h). For an interesting touch and a complementary flavor, sprinkle dry malted milk over a mound of vanilla, coffee or chocolate ice cream or soft ice cream. Sauce may be first spooned on, if desired.

(i). Use lime, lemon, or orange wedge to top vanilla sherbet.

15. Use any one of the following to top an ice cream of a complementary flavor: jam or preserve; hot orange or ginger marmalade; hot mince meat flavored with rum or brandy; crushed pineapple flavored with chopped preserved ginger and

syrup; chopped dates in honey or maple syrup; crushed sugar-coated cereal or crushed cookies, pretzels or stale cake crumbs; or sections of fresh orange or chopped preserved kumquats.

16. Serve mixed chopped candied fruit that has been steamed or moistened on chocolate, caramel, vanilla, peach or coffee ice cream.

17. Use whole or cut-up red, green or orange gumdrops to decorate the whipped cream topping on the ice cream dessert.

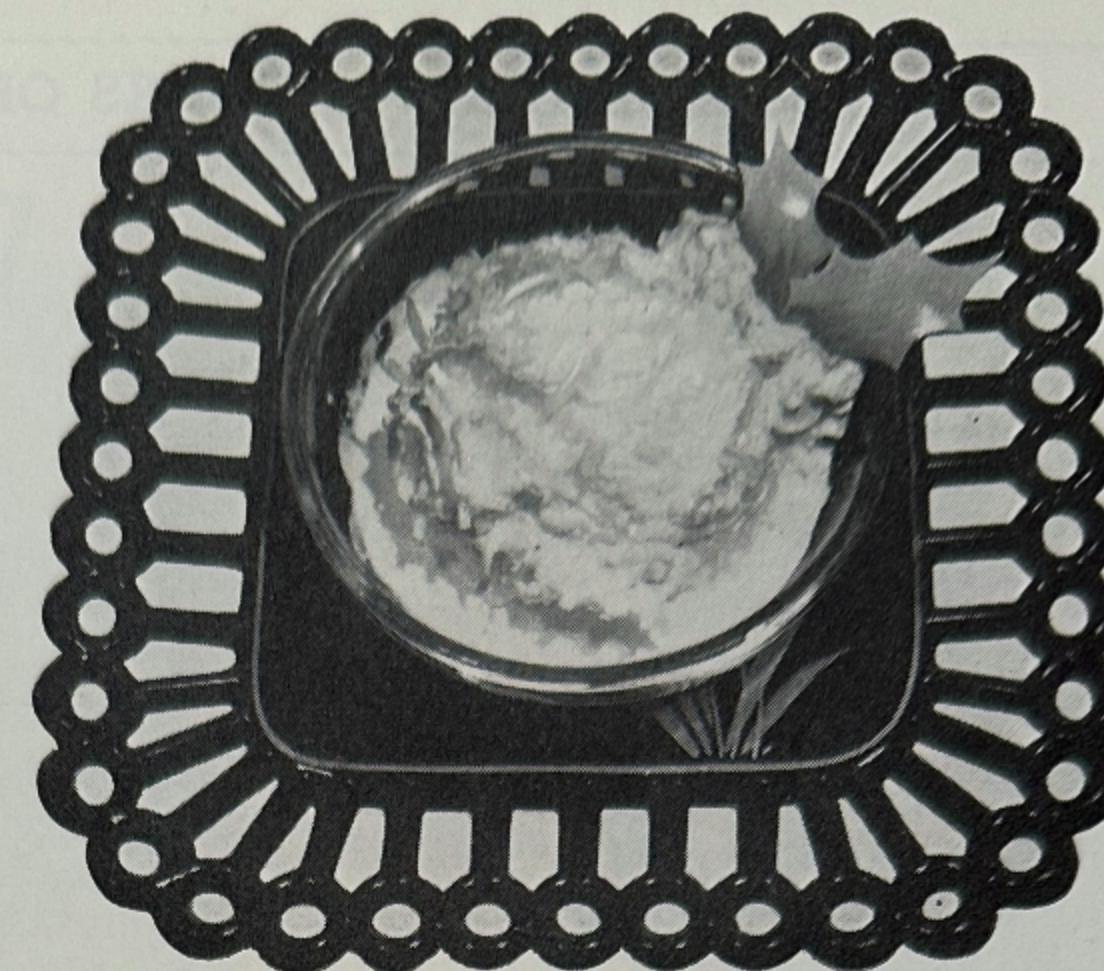
18. For a layer ice cream cake, choose ice cream combinations that are complementary in flavor and color to each other and to the cake as well. For example, for a chocolate layer ice cream cake, one cake layer might be spread with coffee ice cream, another with pistachio, and the third with pink peppermint. Or the combination for a white layer ice cream cake might be raspberry, vanilla and peach ice cream. (See the photo on page one and the directions on page 18.)

19. Fill an eclair with ice cream, and spoon over it a favorite ice cream sauce, or frost with chocolate icing. Or make profiterole—a favorite French dessert. Make tiny cream puffs. When thoroughly cool, split and fill with ice cream. Allow 3 or 4 to a serving. Spoon hot fudge sauce over the puffs.

20. For a colorful and interesting cake roll, use sponge cake with coconut or pastel-tinted ice cream. Place the hot cake on waxed paper that is dusted over with powdered sugar. Cut off the edges. Cut cake in thin slices and roll up while warm. Cool. Unroll. Fill with strawberry, coconut or pistachio ice cream. Roll up and place in freezer until frozen. Then freezer wrap until ready for use. Defrost slightly and ice using a pastel shade of pink or green. If desired, garnish with fresh raspberries or strawberries.

21. For coconut ribbon loaf of three layers, use pistachio ice cream for one layer, and pink peppermint for the other. Sandwich the ice cream between the layers. Garnish with whipped cream, and shredded coconut. (If desired, the coconut may be omitted and whole fresh raspberries used in its place for raspberry ice cream loaf).

22. Study the combination of ingredients in parfaits and aim to get an interesting effect. Here are



White Christmas Sundae

Miller & Paine, Inc., Lincoln, Neb.

No. Portions: 1

Method

Place one No. 12 scoop of vanilla ice cream in low flat crystal dish or in a milk glass sherbet dish.

Ladle over it $1\frac{1}{2}$ oz. marshmallow sauce. Sprinkle with $\frac{1}{2}$ oz. (3 tbsp.) grated fresh coconut.

Insert holly sprig with red berries at base on one side of the sundae.

a few suggestions:—

Pistachio Chocolate Parfait. Put one tsp. chocolate sauce in bottom of parfait glass. Half fill glass with pistachio ice cream. Make a dent in the center of the ice cream, and fill with $1\frac{1}{2}$ tbsp. chocolate sauce. Fill glass with pistachio ice cream. Press ice cream into glass so that chocolate sauce will give a marbled pattern. Top with whipped cream and a bing cherry with stem.

Cranberry Parfait. Fill parfait glass with alternate scoops of vanilla ice cream and teaspoonfuls of cranberry sauce, ending with the sauce. Top with whipped cream and a red gumdrop.

Rum Butter and Creme de Menthe Parfait. Put rum butter topping in the bottom of a parfait glass. Add 2 oz. vanilla soft ice cream. Add creme de menthe topping. Decorate with whipped cream and a green maraschino cherry.

St. Patrick's Day Parfait. Add just enough food coloring to crushed pineapple to give a delicate pastel shade of green. Spoon alternate layers of crushed pineapple and vanilla or pineapple ice cream into the parfait glass. Top with whipped cream and drizzle the green pineapple syrup and crushed pineapple over the top.

23. To make Peach Melba—al-

ways a favorite dessert—place a scoop of vanilla or peach ice cream in the center of a round or square of sponge cake for each individual serving. Top with a preserved or canned peach half. (If fresh peaches are used, cook in thin syrup until tender, and chill.) Pour Melba Sauce over dessert. To make Melba Sauce, allow $\frac{1}{2}$ to 1 cup sugar, and 2 tbsp. cornstarch or arrowroot for every qt. of raspberry juice; use less thickening agent for crushed raspberries. Cook until thickened. Chill.

24. For a rainbow effect, fill a meringue shell with three different pastel shades of ice cream, such as strawberry, pistachio, and chocolate, or any other shades and flavors of your choice. The contrasting colors of the small scoops of ice cream nested in the snowy white meringue shell make a delicious-looking dessert that is equally as inviting to eat. Serve accompanying sauce in a small pitcher so as not to detract from the rainbow effect.

25. For Baked Alaska, never use an ice as it is very high in water content, and melts rapidly. Instead use an ice cream or sherbet rich in cream, milk and/or milk solids.

26. If desired, make Baked Alaskas in advance and store in

(Continued on the next page)

FROM THE NOTEBOOKS OF THE EXPERIENCED

(Continued from preceding page) freezer. As soon as the meringue has browned and while still hot, place pies in freezer until frozen. Remove and freezer-wrap. Store again in freezer. About 30 minutes before serving time unwrap and let stand at room temperature. Just before serving swish some chocolate, caramel or fruit sauce over each frozen wedge.

27. Top a Boston brownie or a square of cake with vanilla soft-ice cream. Decorate with grated coconut. When this dessert is served at the Tick-Tock restaurant in Toledo, Ohio, it is designated "Snow on the Mountain". Day-old cake may be used as the soft-ice cream moistens the cake.

28. For a dessert especially appropriate for the Christmas Holiday Season serve—

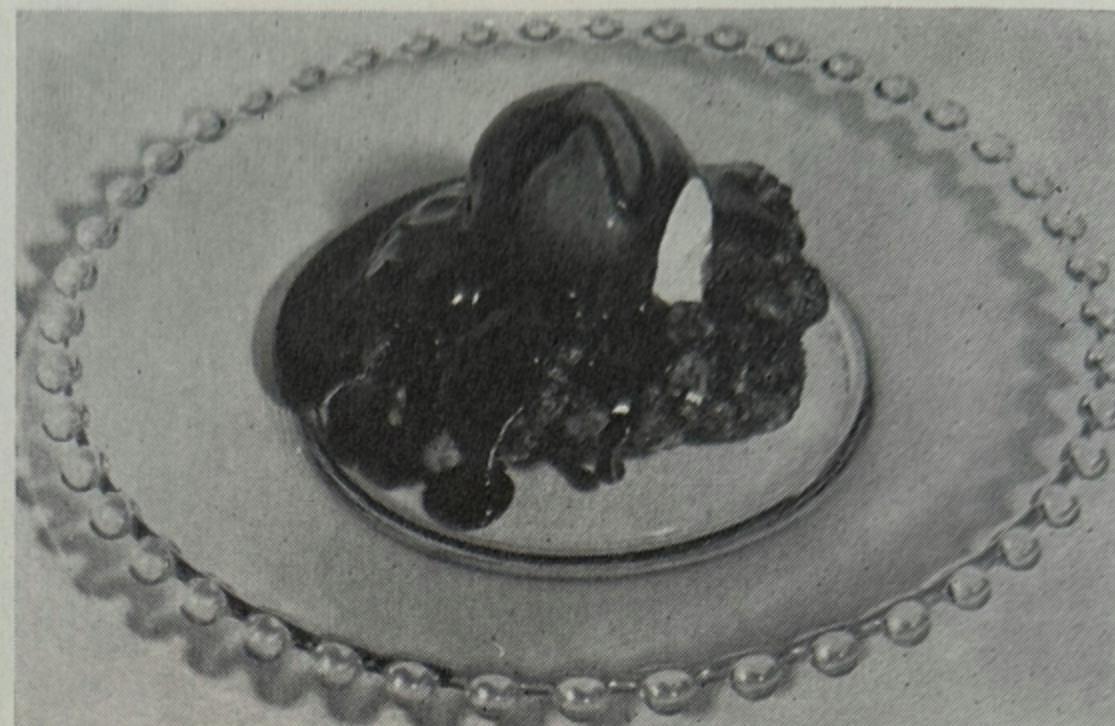
(a). Ice Cream-Mince Pie. Into 1 qt. softened vanilla ice cream blend 1 cup mincemeat. Flavor with 1 tsp. rum or brandy. Pack into graham cracker pie shell. Freeze until firm.

(b). Fruit Cake a la Mode. Cut fruit cake into pieces $3 \times 3 \times \frac{1}{2}$ inch. Wrap each piece in aluminum foil. Heat in oven or under broiler. Remove foil. Serve warm, topped with a scoop of ice cream with a holiday accent, such as eggnog, neopolitan, holiday bisque, tutti-frutti, cranberry etc.

Pound cake may be toasted and substituted for the dark fruit cake. Strawberry, raspberry, caramel or chocolate sauce is generally drizzled over top of ice cream when pound cake is used.

29. To make an ice cream clown that children will adore, set a scoop of vanilla or strawberry ice cream on a doughnut frosted white. Cap with an ice cream cone. Decorate with raisin eyes, pecan or jellied fruit slice ears, and cherry nose and mouth. The doughnut may be omitted, and whipped cream piped from a pastry tube in a circle around the base of the ice cream to form a collar or ruffle.

30. To make a butterfly ice cream dessert, arrange a No. 16 scoop of ice cream on serving plate. Cover with a ladle of strawberry, raspberry, or cherry syrup. Top with whipped cream. Sprinkle with chocolate decorettes. On each side, place a round brown-



Chocolate-Marshmallow-Walnut Ring with Chocolate Sauce

Another ice cream dessert at The T. Eaton Co., Ltd., Toronto which appeals to all patrons is the one shown at right. A scoop of vanilla ice cream is placed in a chocolate-marshmallow-walnut ring, and topped with a rich, glossy chocolate sauce.

edged sugar wafer for wings. Add two pieces of red maraschino cherries for the eyes.

31. To make an Easter bunny, place a small scoop of vanilla ice cream on serving plate for the head. Add one larger scoop of strawberry ice cream for the body. Put raisins and cherry in the vanilla ice cream for the eyes and nose. Pour strawberry topping over strawberry ice cream. Place one-half lady finger, or similar cookie, on each side of bunny's head to form the ears. Use two dabs of ice cream for the feet, and bring a line of whipped cream down the front of the body using a pastry tube.

32. To make elephant cart, cut a $\frac{3}{4}$ inch slice from a 3-flavored ice cream brick. Place on a glass serving plate. Place chocolate mints against the ice cream at corners to form the wheels. Place two elephant crackers at one end to draw the cart.

33. To make snowman, roll No. 20 scoop vanilla ice cream in shredded coconut. Similarly roll a No. 12 scoop vanilla ice cream in coconut. Put balls together with small ball on top to form the head. Use semi-sweet chocolate pieces for eyes, piece of gumdrop for nose, cherry section for mouth, and chocolate pieces for buttons. Use inverted colored fluted paper cup for hat and lollipop for broom.

34. To make kitty, proceed as

for snowman. Use yellow rock candy for ears, slivers of gumdrop for whiskers, and a long wide strip of gumdrop for the bushy tail. (Omit hat, buttons, and lollipop)

35. To make a hurry-up chocolate sauce that is smooth, glossy, and delicious, melt 1 lb. semi-sweet chocolate or chocolate pieces with $\frac{1}{3}$ cup butter in top of double boiler over hot water. Add $\frac{1}{2}$ cup boiling water. Stir until smooth and well blended. Add 1 tsp. vanilla. Serve warm or cool.

36. To give an oriental touch to butterscotch sauce, add chopped and moistened white raisins, nuts and shredded coconut. Serve on butter pecan or burnt almond ice cream.

37. Serve marshmallow cream with chocolate, vanilla, pineapple and various other flavored ice creams for that rich, gummy, and delicious consistency in favorite ice cream sundaes.

38. In place of whipped cream to top an ice cream dessert, use an ice cream sauce. For example, soften vanilla ice cream. Beat until smooth. Add fruit juice or liqueur for additional flavoring, and use on sundaes.

39. For an easy-to-make caramel sauce, place 2 lb. vanilla caramels in top of double boiler. Add 2 cups milk or water. Cook, stirring occasionally. The sauce is ready when smooth and thick.

HOW TO SERVE

Successful Fountain Products

The soda fountain is as American as baseball but today's modern setup is a far cry from what was known at the turn of the century as the "soda water parlor". Through the decades these parlors have evolved into popular and profitable operations which are models of efficiency with their automation, shining streamlined equipment, modern refrigeration, attractive decor, sanitary procedures, and nutritious fountain products at popular prices. The service appointments, whether of glass, silver, stainless steel, or paper, have been modernly designed to keep pace with present day fashions.

Here one may enjoy ice cream and/or soft serve, combination dishes, sodas, malteds, milk shakes, fruit ades, floats and similar refreshing dishes or thirst quenchers.

The sundae is the fountain's best seller. One version has it that it was born quite by accident, and only after the soda had been in vogue for more than a decade. An enterprising "soda water parlor" dispenser ran out of soda water on a Sunday afternoon. To appease his customers he introduced a new dish by pouring flavorful syrup directly over the ice cream. And so the sundae first came into being, to be developed later into literally hundreds of combinations.

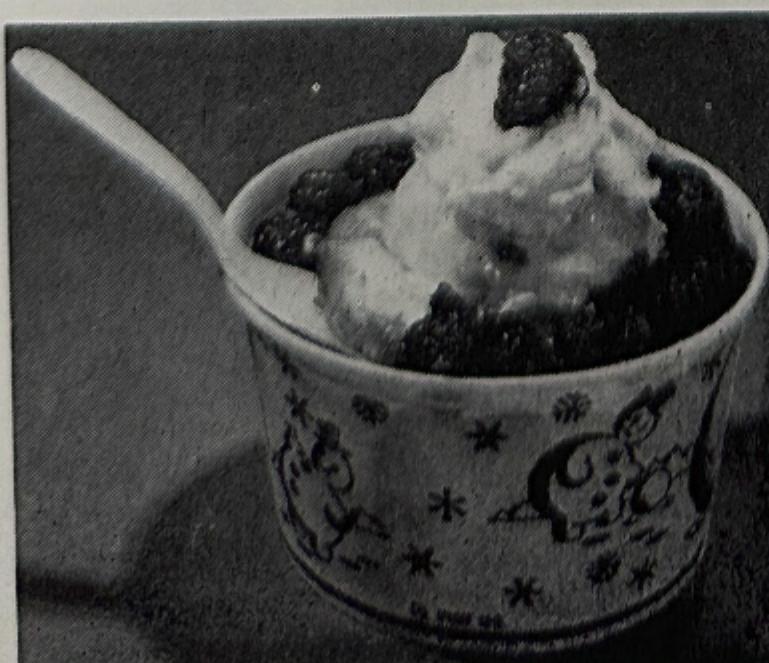
Ice Cream Sodas

Ice cream sodas are enjoyed by persons of all ages, and rank second only to sundaes in popularity.

There are conflicting claims as to their origin. One account has it that the ice cream soda was first introduced commercially at the Sesquicentennial in Philadelphia in 1874. Another source says that "necessity was the mother of its invention", and credits Fred Sanders of Detroit with

(Continued on the next page)

INSTITUTIONS MAGAZINE EDITORIAL PROJECT: Text written by—ALBERTA M. MACFARLANE, Food and Equipment Consultant; Cooperating in this project—Ice Cream Merchandising Institute Inc.; National Dairy Products Corp.; Lily-Tulip Cup Corp.; Sweden Freezer Manufacturing Co.; Howard D. Johnson Co.



Teen Age Specials: Youthful patrons will quickly adopt fanciful fountain concoctions made to surprise the eye as well as please the palate. Imaginative names also draw applause.



Take-Out Importance: Simply-made specialties such as this "strollberry" sundae give the ever popular ice cream cone strong competition for take-out stardom. The surprise feature in this sundae is the pastry shell in which a scoop of vanilla ice cream, topped with whipped cream and fruit topping, is nestled. Soft serve offers similar sundae possibilities.

Ice Cream Sodas

(Continued from the preceding page)

being the first to blend ice cream with soda water and fruit flavors. This was done on the spur of the moment when excessive summer heat caused the fresh cream to sour.

Regardless of their origin, ice cream sodas continued to grow in popularity and now form a pick-up for any hour of the day, or combine with a substantial sandwich or salad to form a satisfying and nutritious lunch for untold numbers daily. They are of a variety of flavors, the most popular being chocolate, vanilla, strawberry, pineapple, lemon, coffee, root beer, peach, banana, raspberry and fruit salad.

SIX FACTORS ESSENTIAL FOR QUALITY SODAS—High quality in sodas depends on:

1. High carbonation for sparkling, tangy, pungent drinks.
2. Chilled water to hold carbonation.
3. Chilled syrups.
4. Quality flavors.
5. Liberal serving of ice cream or soft serve.
6. Proper dispensing.

Water must be maintained at 34° to 39° F. at the draft arm in order to hold the carbonation. Check temperature frequently with a thermometer.

It is advisable to run off a glass of charged water several times a day to make sure that the water is cold, and to test for carbonation. A simple test that will give a quick check is to insert a lead pencil in a glass of freshly-drawn charged water. If the surface

of the pencil is immediately covered with small gas bubbles, the water is well carbonated. If the outside of the pencil is not covered with small bubbles but has only an occasional large bubble, the water is not mixed properly with the gas.

During the night when the fountain is not in use, the soda water in the gooseneck will lose most of its gas. For this reason, several ounces should be run off in the morning before any sodas are made.

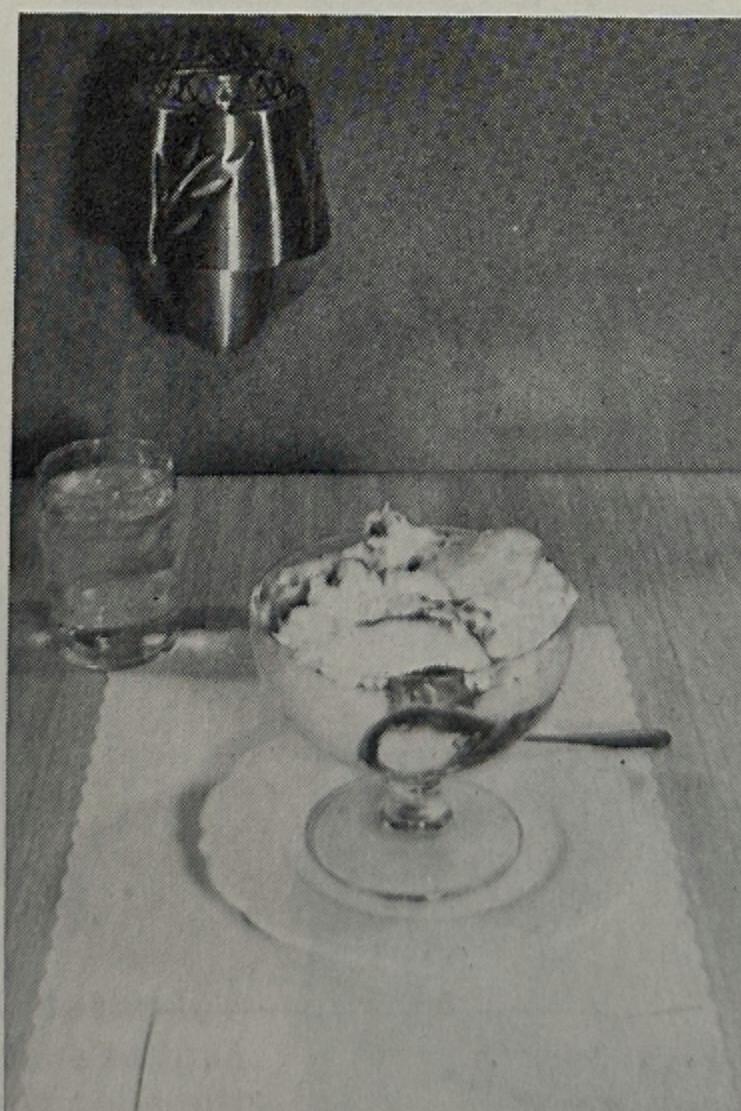
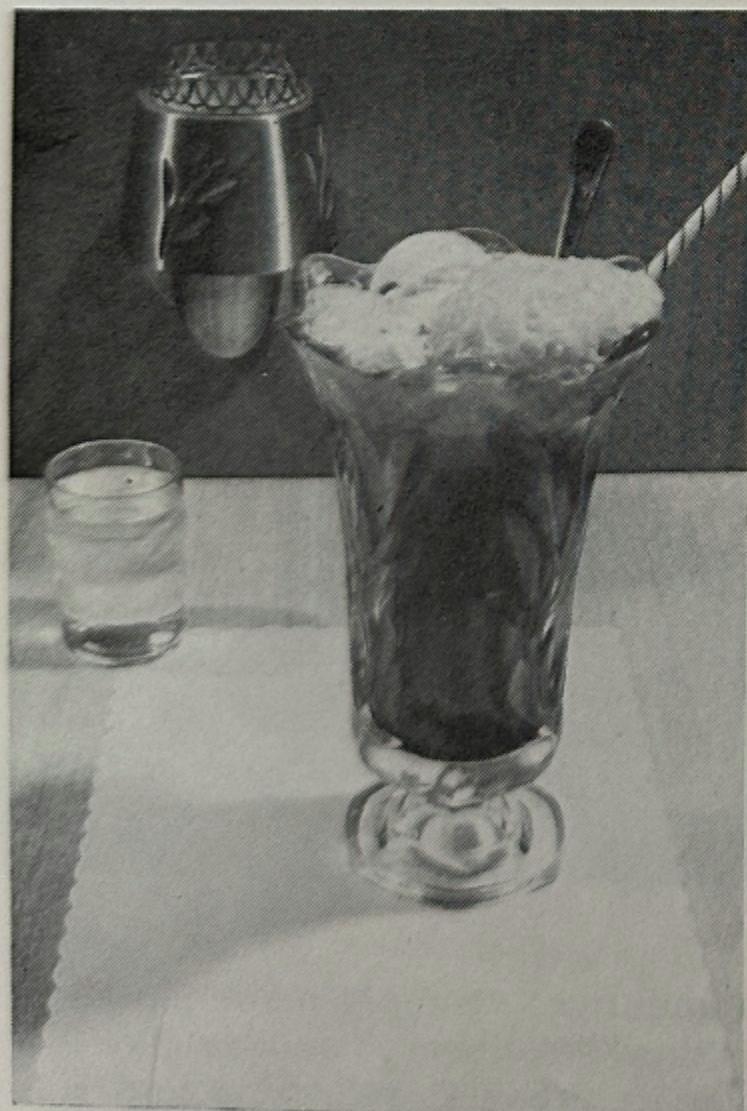
To assure highly charged water, the gas pressure must be adequate: 120 lb. in summer; 100 lb. in winter.

PROPER BLENDING AN IMPORTANT FACTOR—Sodas may be made with a base of ice cream, soft serve, whipped cream or coffee cream. When ice cream is used, it must be blended into the syrup with the back of a soda spoon. This is not necessary with soft serve, whipped cream or coffee cream as the force of the fine stream of carbonated water does the blending.

Malted and Milk Shakes

The basic ingredients in malts and in milk shakes—milk syrup and ice cream or soft serve—are the same, the only difference being that malted milk is added to the former. An egg may be used with either.

Like sodas, malts and milk shakes are highly nutritious. For many, they are the favorite "pick-me-upper" between meals. Other customers use them to supplement a sandwich or salad lunch, while some calorie-conscious watchers rely on an egg malted or egg milk shake to supply their complete noontime nourishment.



Sizable for Sales: It takes an ambitious appetite for a patron to finish any one of these giant-size features from the fountain of the White Chimney in Marycrest, Ill., but serving such gargantuan sodas and sundaes is a sure road to valuable word-of-

mouth publicity and increased patronage. Special names, such as (left to right) *Zombie Soda*, *Banana Boat*, and *Monday-Tuesday-Wednesday-Thursday-Friday-Saturday Sundae* add to the sales appeal of these specialties.

QUALITY PRODUCTS, PROPER TECHNIQUES ESSENTIAL
—For best results, malteds and milk shakes must be made according to a basic formula. The milk and syrup must be cold with the milk as near 32° F. as possible. The mixing container should be prechilled.

Once the ingredients are combined, they are agitated on the mixer to work in the maximum aeration. How this is done is important.

The action of the agitator is to break down the ice cream into fine particles without reducing the overrun. Sufficient time (approximately 1 min.) must be allowed to fold in all the air the mixture will hold and to blend the ingredients into a smooth velvety consistency with flavorful appeal.

But if the agitation is too violent or too speedy, the ice cream cells are broken down, air is released, volume is decreased, and the milk shake or malted takes on a flat insipid taste.

Basic Ice Cream Milk Shake

4 TO 8 OZ. PASTEURIZED MILK*

1½ OZ. SYRUP

2 NO. 24 SCOOPS ICE CREAM

(If malted milk is used, add 2 rounded soda spoons or 1 serving from automatic dispenser—approximately 1½ oz.)

*The amount of milk used will depend on whether the customer prefers a thick, medium or thin milk shake.

Basic Soft Serve Milk Shake

4 TO 6 OZ. HOMOGENIZED MILK

6 TO 8 OZ. SOFT SERVE

1 TO 1½ OZ. SYRUP

(If malted milk is used add 1½ oz.)

Automatic Counter Milk Shake Machines

While the above recipe for soft serve milk shake is mixed on the electric mixer, the automatic, counter soft-serve milk-shake machine is fast gaining in popularity, especially at busy fountains. Like the automatic counter freezer, it makes a thick flavorful product, saves labor, and gives absolute portion control as it is set to dispense an exact number of ounces at one time.

GOOD MILK SHAKE MIXES AVAILABLE—For such automatic milk shake freezers, good mixes of low butterfat content are available. A good mix can be made by mixing one part ice cream mix with an equal part of homogenized milk, or by mixing the homogenized milk with the soft serve product. Once the mixture is placed in the automatic freezer, it is ready to be dispensed in a few minutes. All that is necessary is to fill the cup or glass and serve. Such thick, flavorful milk shakes, like soft serve ice cream, are proving general favorites for year-round service.

If the automatic freezer dispenses only one flavor, which is usually vanilla, other flavored milk shakes are made as follows: Place the flavored ingredient desired in the mixing cup with the vanilla milk shake. Mix 20 to 30 sec. on the mixer attached to the machine. No milk is added.

OTHER THAN STANDARD FOUNTAIN FROZEN DAIRY PRODUCTS—Frozen products similar to ice cream in composition and character but with the milk fat replaced by vegetable fat are legally defined in some

states as mellorine. Mellorine products sell at a lower price than ice cream products.

Ice milk is similar to ice cream in character but it generally contains an extra two per cent of non-fat milk solids and has its milk fat content reduced to 8 per cent. It is less expensive than ice cream. It is used in milk drinks such as milk shakes, and is popular with weight-watchers because of its low caloric and fat content.

Fountain Syrups and Sauces

Syrups play an important part in maintaining high quality fountain specialties. Many fountain operators buy their syrups all ready prepared, so that all that is necessary is to follow the manufacturer's directions carefully. Others prefer to make their own syrups.

It is well for fountain supervisors to know how to make simple syrups and other easy-to-make combinations. Many good recipes for syrups, fudges and sauces are available.

Plain or Simple Syrup (Hot Water Formula)

Yield: 1 gal.

GRANULATED SUGAR, FINE
WATER, BOILING

7 lb.
½ gal.

Method:

Bring water to boiling point. Turn off the heat. Add sugar. Stir well until sugar is dissolved. Strain through cheesecloth into crock or glass jar. Keep well covered in a cool place.

Plain or Simple Syrup (Cold Water Formula)

GRANULATED SUGAR, FINE
WATER, BOILING

7 lb.
½ gal.

Method:

Combine sugar and boiling water in glass jar or crock. Stir thoroughly until sugar is dissolved. Allow 2 to 3 hr. for solution to clear. Strain through cheesecloth. Keep well covered in a cool place.

Note: Made this way simple syrup will not spoil or crystallize in hot weather.

CHOCOLATE FUDGE SAUCE—Chocolate rates high among popular fountain flavors, and nothing surpasses a hot fudge sauce in customer esteem.

Care must be exercised to see that the chocolate fudge sauce is maintained at the proper consistency and temperature at all times. Even though the fudge warmer is thermostatically controlled to keep the fudge sauce at a temperature of 130° to 150° F., the temperature should be checked periodically with a thermometer. When the temperature is too high, the cocoa butter in the chocolate separates; when it is below 110° F., there is danger that the fudge will spoil.

As some of the liquid from the fudge evaporates throughout the day, the sauce should be returned to its first consistency by the addition of a small amount of hot water or milk—not simple syrup. To maintain this consistency, it should be thoroughly stirred several times a day, and always before each serving.

When ladling the hot fudge sauce over the ice cream, avoid having the bottom of the ladle touch the cold ice cream. If this does happen and the

(Continued on the next page)

Fountain Syrups and Sauces

(Continued from preceding page)

ladle is returned to the warmer, a temperature change takes place that may ruin the fudge sauce.

The sauce should flow over the ice cream from the ladle without touching the sides of the dish.

New fudge sauce should not be put into the warmer with old fudge sauce.

MARSHMALLOW TOPPING—Marshmallow topping must be light, fluffy, and of a ladling consistency. Prepared toppings are made ready for use by the addition of a little hot water, added gradually, and thoroughly whipped into the marshmallow. If properly whipped, the marshmallow will expand and retain its volume throughout the day.

COFFEE MARSHMALLOW DRESSING—Allow $\frac{1}{2}$ pt. coffee syrup to 1 pt. marshmallow whip. Keep in a porcelain-lined jar.

MARSHMALLOW CREAM DRESSING—Use 1 part heavy whipping cream to 2 parts marshmallow. Blend thoroughly. Mixture should be of the consistency of whipped cream. Prepare a small amount at one time as it does not hold up well over a long period.

MINTED MARSHMALLOW DRESSING—Flavor a pint of marshmallow cream dressing with mint syrup, and color a delicate green with vegetable coloring.

CHOCOLATE MARSHMALLOW DRESSING—Mix equal parts of chocolate syrup with marshmallow syrup.

VARIATIONS—Chopped nuts, chopped dried or fresh fruit, alone or in combination, may be added to each portion of marshmallow dressing as it is served.



Bright orange-yellow apricot halves in a bed of whipped cream hide three small scoops of vanilla ice cream to give this specialty its name, Sunnyside Up. To carry out the "breakfast" theme, two sugar wafers are added to represent the bacon.

Hand Packing Ice Cream

For profitable and satisfactory results, the following method should be followed when hand packing ice cream in square cartons for take-out service:

1. Use a spade with sharp cutting edges. Always tap spade on cellulose sponge or clean cloth before using.

2. Place the paper carton in a metal or plastic holder. Press back the flaps, holding the flap nearest you down with the thumb.

3. Using the slicing method, score the ice cream in the can into four or more sections. Start in the center of the can and cut out one section about one-half inch deep.

4. Lay ice cream in carton. Do not pack it down. Use the sharp edge of the spade to push the ice cream into the corners.

5. Take out another section of ice cream from the container and proceed as before. Be sure to clear the ice cream from the sides of the can as you remove the sections.

6. Never pack ice cream into the carton. Force out any air pockets, making use of the sharp end of the spade.

7. When the carton is full the next step may be completed in one of two ways:

(a) The ice cream is not levelled off but forms a slight pyramid on top of the carton. The flaps are not closed but remain in an angled position. Waxed paper is used to cover the top and is held in place with a rubber band.

(b) The ice cream is rounded on top with the front of the spade. The flaps of the carton are closed down and fastened.

8. Remove carton from holder, and wipe outside of carton to remove any ice cream.

Note: Hand packing in round cartons is similar with the exception of step 7. The top of the ice cream is rounded with the front of the spade, and the cover placed on the carton. The cover is given a few turns to press out any possible air pockets.



Three ice cream flavors—chocolate, vanilla and strawberry—plus banana, pineapple chunks, a maraschino cherry, whipped cream and multi-colored sprinkles, add up to a Carnival Sundae, pictured here.

Ice Cream Sodas

The Howard Johnson organization, which has set a high standard of excellence for ice cream and ice cream sodas, is of the firm conviction that only when employees are thoroughly trained to follow definite procedures can the best results be attained. And a standardized formula is the first requisite.

Miss Mildred Haugh, supervisor of food and service, says: "To guide our employees in preparing sodas and to assure proper amounts of syrup and cream being used, we use banded glasses. In addition, our fountain pumps are set for 2 oz. This also saves time and labor as the dispenser has to pump but once to be assured of the exact amount."

The formulas used in Howard Johnson operations to make their nationally-famous ice cream sodas are given below. The picture sequence at right illustrates recommended methods.

Miss Haugh adds this note of caution: never add carbonated water after the ice cream has been put into the glass or it will crystallize and form an ice coating on the ice cream.

(Preparation steps on next page)

Plain Ice Cream Soda

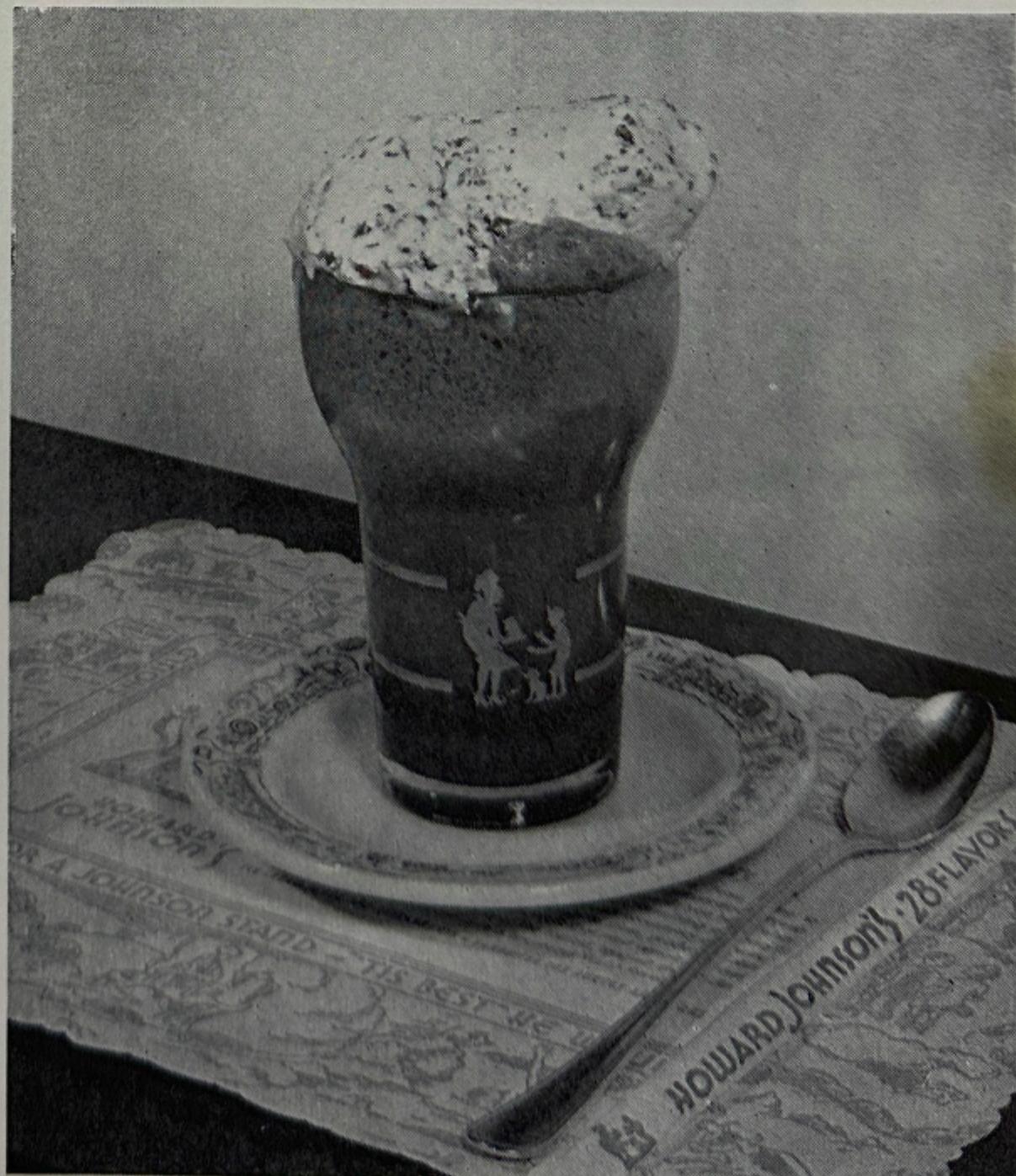
2 OZ. CREAM
2 OZ. SYRUP
FINE STREAM CARBONATED WATER
COARSE STREAM CARBONATED WATER
1 NO. 16 CONICAL SCOOP ICE CREAM

Fresh Fruit Ice Cream Soda

2 OZ. LADLE FRESH FRUIT
2 OZ. CREAM
FINE STREAM CARBONATED WATER
COARSE STREAM CARBONATED WATER
1 NO. 16 CONICAL SCOOP ICE CREAM

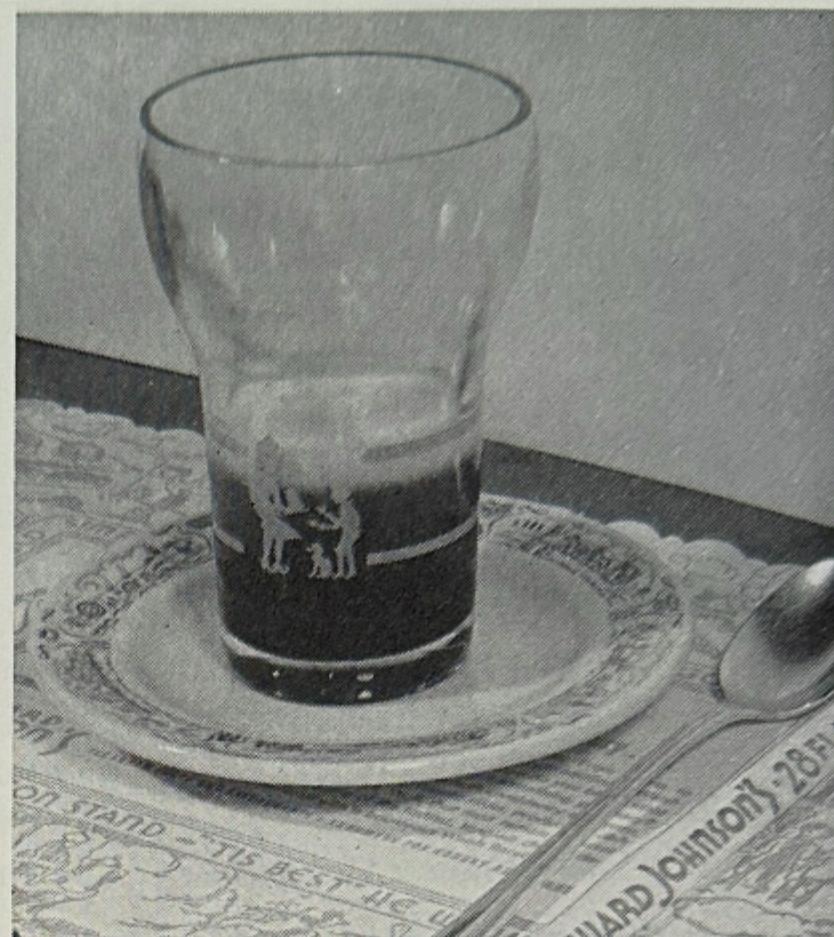
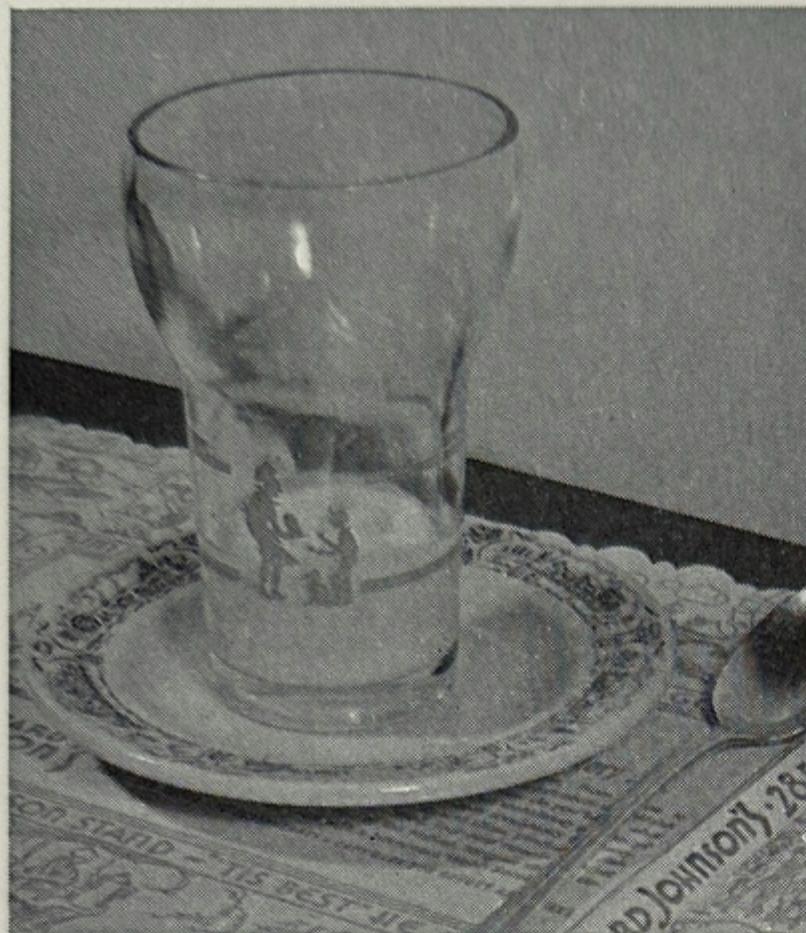
Crushed Fruit Ice Cream Soda

1 OZ. LADLE CRUSHED FRUIT
1 OZ. SYRUP
2 OZ. CREAM
FINE STREAM CARBONATED WATER
COARSE STREAM CARBONATED WATER
1 NO. 16 CONICAL SCOOP ICE CREAM

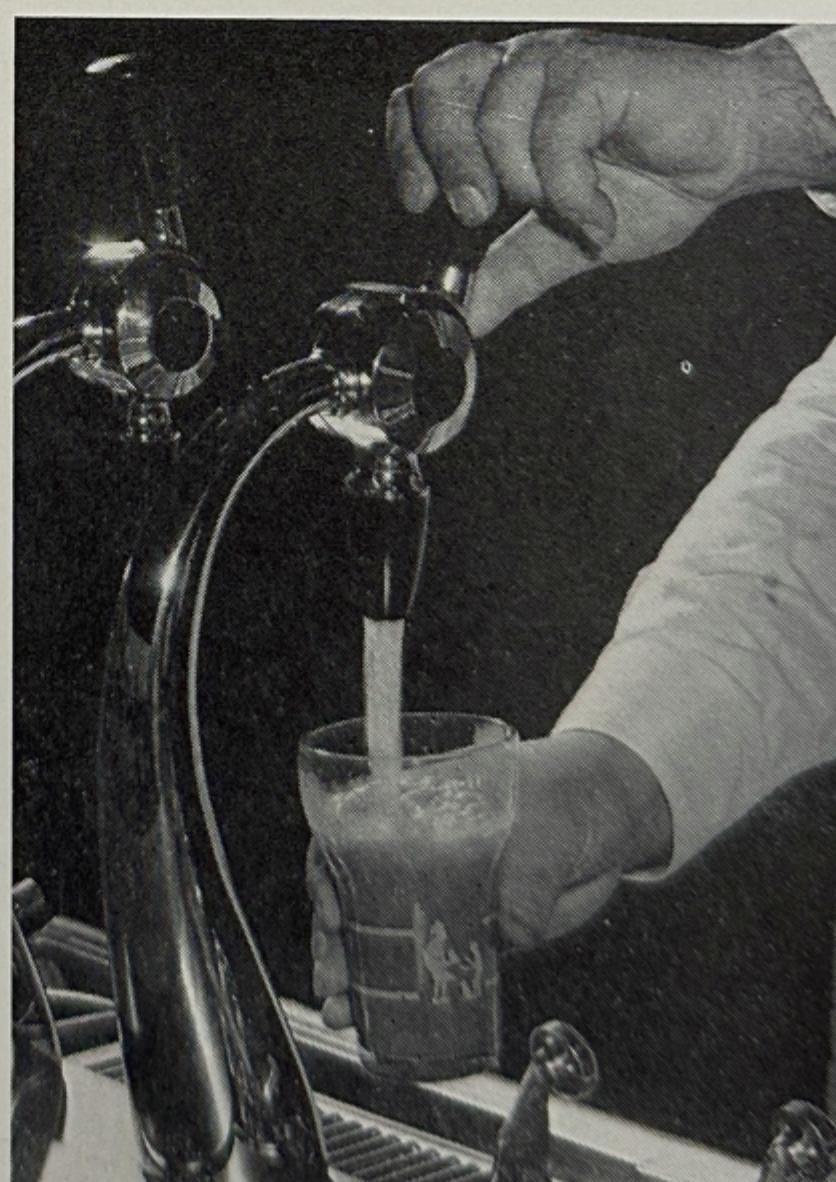


Ice Cream Sodas

STEP-BY-STEP PREPARATION



1. The cream—not the syrup—is first placed in the glass. This is an important step so the syrup, when added, will mix with the cream without sticking to the sides of the glass.
2. Syrup blends into the cream. Note bandings which indicate levels for cream and syrup.



3. The glass is held in a tilted position and moved in a circular manner while a fine spray of carbonated water fills the glass two-thirds full. Water should hit sides of glass just above syrup mixture line.
4. A coarse stream of carbonated water is added to fill the glass. This forms the desired bead, gives zesty flavor.

Step 5



From the Notebooks of the Experienced

1. Check temperature of ice cream in holding cabinet periodically by placing a thermometer in the center of the ice cream. The best dipping temperature is 8° to 12° F.

2. Keep syrups chilled or they will warm up the drink and permit the rapid escape of carbonic acid.

3. Following are some suggestions for those using paper service. Store paper containers in a clean dry place. Waxed containers for take-out service should be properly stored against extremes of temperatures. Nest round containers and cap top one. Use bottom one first.

4. Protect ice cream cones against moisture by keeping them covered. Oven heat will restore their crispness if they become tough or soft due to damp weather.

5. Remember "the eyes have it" when it comes to customer appraisal of fountain cleanliness and correct procedures. Nothing will build business like a spic and span fountain plus quality products.

6. Put forth every effort to increase fountain business. Fountain products are money-makers. Each order is specially executed—made to order; no over-production; no waste; service is quick, giving a fast turnover. The result is a profitable return.

7. Put showmanship into ice cream cones—the easy-to-get, convenient-to-eat treat for young and old. Combine flavors or use variegated or triple ice creams.

8. Keep nuts in a cool dry place, well covered.

9. Do not serve chocolate syrup filled with small bubbles as this indicates fermentation.

10. Dilute fruit toppings with syrups of the same flavor wherever possible. Solid packed fruits diluted in this manner will go further than when diluted with simple syrup and the flavor will be improved.

11. When milk shakes or malteds call for 6 oz. of pasteurized milk, use only 5 oz. if homogenized milk is substituted.

5. A No. 16 scoop of ice cream is dipped, using a roll-type dipper drawn in a circular motion across the surface. Care is taken not to compress the ice cream. A liberal float of ice cream completes the soda.



Here is a peachy fountain dessert, called, appropriately enough, Peacherino. A scoop of vanilla ice cream, topped with peach syrup, is surrounded by peach slices in a sunburst pattern. A fluff of whipped cream and a bright maraschino cherry complete the combination.

12. Make floats by topping an ade or a freeze with fruit sherbet or fruit ice of the same flavor, or with one that complements the flavor of the ade.

13. Combine fruit juice, simple syrup, fruit sherbet or fruit ice, chipped ice and carbonated water to make a freeze.

14. Remember that ades, floats, and freezes are excellent thirst quenchers as well as good profit makers. For hot summer days a lime freeze will prove one of the most popular and refreshing drinks.

Into a mixing cup put the juice of $\frac{1}{2}$ lime and 1 scoop of finely chipped ice. Add $1\frac{1}{4}$ oz. simple syrup, 2 No. 24 scoops lime sherbet or ice, and 5 oz. carbonated water. Place on mixer. Serve over finely chipped ice. Add a sprig of mint and the $\frac{1}{2}$ lime for color.

15. To remind fountain personnel of correct ice cream dipping procedures keep a dipping chart on bulletin board in locker room.



the author's name, and the date of
the book, and the name of the
library which owns it, and the name
of the person who has written the
note. The author's name is given in
the following lines, and the date of
the book is given in the following
line. The name of the library is given
in the following line. The name of
the person who has written the
note is given in the following line.

Author's name
Date of book
Library name
Person who wrote note

